

September 2026 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
August 31 Plant-Based Jamaican Oxtail Stew Coconut Rice Broccoli	1 Baked Branzino with Lemon Garlic Butter Sauce Cilantro Lime Rice Baby Carrots and Parsley	2 California Veggie Burger WW Hamburger Bun Roasted Spiced Sweet Potato Fries	3 Baked Salmon with Cilantro Citrus Sauce Roasted Vegetable Couscous Beet, Arugula, and Feta Salad	4 Brazilian Fish Stew White Rice
7 ★ Happy ★ LABOR DAY  ★ ★ ★ ★ ★ Center is Closed	8 Coconut Breaded Fish Confetti Brown Rice Capri Blend Vegetables	9 Baked Sundried Tomato Branzino Roasted Vegetable Couscous Corn and Edamame Fusion Salad	10 Traditional Baked Falafel Caribbean Rice and Red Beans Braised Red Cabbage with Apples	11  Rosh Hashanah Lunch 12:00pm Sirovich Dining Room
14 California Veggie Burger WW Hamburger Bun Sweet Potato Fries	15 To Be Announced	16 Tuna Salad Curried Lentil Soup, WW Bread Israeli Salad	17 Baked Salmon with Cilantro Citrus Sauce Couscous with Peas and Lemon Charred Orange Broccoli	18 Brazilian Fish Stew White Rice Baby Spinach Salad with Lemon-Vinaigrette
21  Yom Kippur Center is Closed	22 Coconut Breaded Fish Chinese Style Vermicelli Noodles Broccoli with Toasted Garlic	23 Branzino with Fresh Salsa Relish Fried Brown Rice California Blend Vegetables	24 Baked Salmon with Cilantro Citrus Sauce WW Lo Mein with Edamame Oriental Blend Vegetables	25 Puerto Rican Chicken Stew (Vegetarian) Rice and Gungo Peas Spinach, Apple and Red Onion Salad
28 Plant-Based Jamaican Oxtail Stew Coconut Rice Baby Spinach Salad with Black Beans and Lemon Vinaigrette	29 Asian Style Branzino with Cilantro Chinese Style Vermicelli Noodles Broccoli with Toasted Garlic	30 Homestyle Spinach and White Bean Soup Tuna Salad WW Bread Mixed Green Salad with Black Beans and Dressing	October 1 Korean BBQ Salmon Cilantro Lime Rice California Blend Vegetables	October 2 Coconut Breaded Fish Baked Macaroni and Cheese Vegetable Mix (non- starchy)

Meals are catered at the Manny Cantor Center Kosher Kitchen under the supervision of va’ad of Brooklyn | Fresh and Healthy