

October 2026 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Simplicity is the ultimate sophistication. — Leonardo da Vinci			1 Salmon Bulgogi (Korean BBQ Salmon) Cilantro Lime Brown Rice California Blend Vegetables	2 Homemade Coconut Breaded Fish Baked Macaroni and Cheese Vegetable Mix
5 Puerto Rican Seitan Stew Rice and Beans Vegetable Mix	6 Lemon Garlic Baked Fish Quinoa with Kale and Carrots Roasted Root Vegetables	7 Whole Wheat Penne w/ Veggie Sausage, Chard, and Mushrooms Classic Garlic Bread Spinach Salad w/ Chickpeas and Lemon Vinaigrette	8 Jerk Salmon Black Beans and Rice Citrus Spiced Green Beans and Carrots	9 Homemade Breaded Fish Bowtie Pasta with Kasha California Blend Vegetables
12 Plant-Based Jamaican Oxtail Stew Coconut Rice Caribbean Coleslaw	13 Baked Fish with Lemon Garlic Butter Sauce Cilantro Lime Rice Baby Carrots and Parsley	14 California Veggie Burger Whole Wheat Hamburger Bun Roasted Spiced Sweet Potato Fries	15 Baked Salmon with Cilantro Citrus Sauce Roasted Vegetable Couscous Beet, Arugula, and Feta Salad	16 Brazilian Fish Stew Perfect White Rice; Whole Wheat Bread
19 Traditional Baked Falafel Caribbean Rice and Red Beans Braised Red Cabbage with Apples	20 Baked Sundried Tomato Fish Roasted Vegetable Couscous Corn and Edamame Fusion Salad	21 Homemade Coconut Breaded Fish Confetti Brown Rice Capri Blend Vegetables	22 Salmon Bulgogi (Korean BBQ Salmon) Vegetable Lo Mein Broccoli with Toasted Garlic	23 Whole Wheat Tuna Salad Sandwich Seitan Noodle Soup Arugula Salad with Roasted Beets Carrots and Chickpeas
26 California Veggie Burger Whole Wheat Hamburger Bun Caesar Salad	27 Fish with Fresh Salsa Relish Cilantro Lime Rice Baby Carrots and Parsley	28 Tuna Salad Curried Lentil Soup Whole Wheat Bread Israeli Salad	29 Baked Salmon with Cilantro Citrus Sauce Couscous with Peas and Lemon Charred Orange Broccoli	30 Brazilian Fish Stew Perfect White Rice Baby Spinach Salad with Lemon Vinaigrette

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