SIROVICH CENTER FOR BALANCED LIVING
EDUCATIONAL ALLIANCE
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Project ORE

331 East 12th Street | New York, NY 10003

a beneficiary of UJA Federation of New York

November 2026 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 California Veggie Burger Cheddar Cheese Slice Whole Wheat Hamburger Bun French Fries Lettuce and Tomato	3  Center is Closed	4 Fish with Fresh Salsa Relish Fried Brown Rice California Blend Vegetables	5 Puerto Rican Seitan Stew Rice and Gungo (Pigeon Peas) Spinach, Apple and Red Onion Salad	6 Coconut Breaded Fish; Chinese Style Vermicelli Noodles Broccoli with Toasted Garlic
9 Plant-Based Jamaican Oxtail Stew Coconut Rice Whole Wheat Bread Baby Spinach Salad with Black Beans and Lemon Vinaigrette	10 Asian Style White Fish with Cilantro Chinese Style Vermicelli Noodles Broccoli with Toasted Garlic	11 Homestyle Spinach and White Bean Soup Tuna Salad Whole Wheat Bread Mixed Green Salad with Black Beans and Dressing	12 Korean BBQ Salmon Cilantro Lime Brown Rice California Blend Vegetables	13 Homemade Coconut Breaded Fish Baked Macaroni and Cheese Vegetable Mix (nonstarchy)
16 Puerto Rican Seitan Stew Rice and Beans Whole Wheat Bread Vegetable Mix (nonstarchy)	17 Lemon Garlic Baked Fish Quinoa with Kale and Carrots Whole Wheat Bread Roasted Root Vegetables	18 Baked Whole Wheat Penne with Veggie Sausage, Chard, and Mushrooms Classic Garlic Bread Baby Spinach Salad with Chickpeas and Lemon Vinaigrette	19 Jerk Salmon Black Beans and Rice Citrus Spiced Green Beans and Carrots	20 Homemade Breaded Fish Bowtie Pasta with Kasha California Blend Vegetables
23 Plant-Based Jamaican Oxtail Stew Coconut Rice Whole Wheat Bread Caribbean Coleslaw	24 To Be Announced	25 California Veggie Burger Whole Wheat Hamburger Bun Roasted Spiced Sweet Potato Fries	26 Thanksgiving Lunch @12pm Sirovich Dining Room	27 Happy Day after Thanksgiving Center is Closed
30 Traditional Baked Falafel; Caribbean Rice and Red Beans; Braised Red Cabbage with Apples	December 1 Baked Sundried Tomato Fish Roasted Vegetable Couscous Corn and Edamame Fusion Salad	December 2 Homemade Coconut Breaded Fish; Confetti Brown Rice; Capri Blend Vegetables	December 3 Korean BBQ Salmon; Vegetable Lo Mein; Broccoli with Toasted Garlic	December 4 Whole Wheat Tuna Salad Sandwich; Seitan Noodle Soup; Arugula Salad with Roasted Beets, Carrots and Chickpeas

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

NYC Department for the Aging