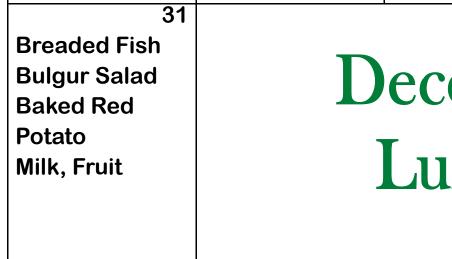


Project ORE 331 East 12th Street | New York, NY 10003

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Breaded Sole Fillet WW Bread Garlic Mashed Potatoes Beet Salad	4 Vegetable Soup Chickpea Stew Brown Rice Cauliflower Milk, Fruit	5 Baked White Fish Couscous with Peas Baby Carrots with Parsley	6 Lentil Soup Cheese Pizza WW Roll Spinach, Apple, and Red Onion Salad	7 Citrus Sessame Crusted Salmon Lo Mein Bok Choy Milk, Fruit
Milk, Fruit	11	Milk, Fruit	Milk, Fruit	14
Breaded Fish Bulgur Salad Baked Red	Mushroom Barley Soup Eggplant	Salmon in Garlic Butter Sauce Couscous Baby Carrots	Lentil Soup Bean Burrito w WW Tortilla Mexican	Baked Fish Yellow Rice Asian Cabbage
Potatoes Milk, Fruit	Parmesan Italian Blend Vegetables Milk, Fruit	Milk, Fruit	Confetti Rice Cucumber Chickpea Salad Milk, Fruit	Milk, Fruit
17	18	19	20	21
Breaded Fish WW Roll Cabbage Carrot Slaw Sweet Potato Milk, Fruit	White Bean Soup Tofu Broccoli Curry Brown Rice Baby Spinach Salad Milk, Fruit	Baked Fish Lo Mein Broccoli with Toasted Garlic Milk, Fruit	Minestrone Soup Baked Ziti Garlic Bread California Vegetables Milk, Fruit	Baked Salom Bowtie Pasta with Kasha Zucchini and Peas Milk, Fruit
24	25	26	27	28
Breaded Sole Fillet WW Bread Garlic Mashed Potatoes Beet Salad Milk, Fruit	CHRISTMAS DAY CENTER IS CLOSED	Baked White Fish Couscous with Peas Baby Carrots with Parsley Milk, Fruit	Lentil Soup Cheese Pizza WW Roll Spinach, Apple, and Red Onion Salad Milk and Fruit	Citrus Sesame Crusted Salmon Lo Mein Bok Choy Milk and Fruit



December 2018 Lunch Menu

Kosher Meals • Under the supervision of va'ad of Brooklyn | Fresh and healthy



