LANDY E Form 4 September	UGENE W										
										OMB /	APPROVAL
FOR	UNITED	STATES				AND E n, D.C. 2			OMMISSION	OMB Number:	3235-0287
Check if no lo	this box			NGEG	тъ					Expires:	January 31, 2005
subject Section Form 4	t to SIAIE . n 16.	MENTO	SECURITIES Estimated average burden hours per						l average ours per		
	iana Pilicu pu	0.5 led pursuant to Section 16(a) of the Securities Exchange Act of 1934, ion 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940									
(Print or Typ	e Responses)										
	l Address of Reporting EUGENE W	g Person <u>*</u>	Symbol	l		nd Ticker REAL F		-	5. Relationship of Issuer	Reporting Pe	erson(s) to
						CORP			(Checl	k all applicab	ole)
(Last) 3499 RT.	(First) 9 NORTH, SUITI	(Middle) E 3-C		/Day/Ye		Transactic	n		X Director X Officer (give below)		0% Owner ther (specify
	(Street)		4. If Ar	nendmer	ıt, I	Date Origi	nal		6. Individual or Jo		ling(Check
FREEHO	LD, NJ 07728		Filed(M	lonth/Day	/Ye	ear)			Applicable Line) _X_ Form filed by C Form filed by M		
(City)	(State)	(Zip)	Та	ble I - N	on	-Derivativ	ze Sec	urities Aca	Person uired, Disposed of	or Benefici	ally Owned
1.Title of	2. Transaction Date	2A Deeme		3.	UII			cquired (A)	5. Amount of	6.	7. Nature of
Security (Instr. 3)	(Month/Day/Year)	Execution any (Month/Da	Date, if	Transa Code		(Instr. 3,	sed of 4 and	(D)	Securities Beneficially Owned Following Reported	Ownership Form: Direct (D) or Indirect (I)	Indirect Beneficial Ownership (Instr. 4)
							(A) or		Transaction(s) (Instr. 3 and 4)	(Instr. 4)	
				Code	V	Amount	(D)	Price	(Instr. 5 and 4)		Landy &
MNR Common Stock	09/13/2012			S		2,500	D	\$ 11.6568	231,926.819	I	Landy Employees' Profit Sharing Plan
MNR Common Stock	09/13/2012			S		2,000	D	\$ 11.6656	229,926.819	I	Landy & Landy Employees' Profit Sharing Plan
MNR Common	09/13/2012			S		1,700	D	\$ 11.646	228,226.819	Ι	Landy & Landy

Stock								Employee's Profit Sharing Plan
MNR Common Stock	09/13/2012	S	1,500	D	\$ 11.6283	226,726.819	I	Landy & Landy Employees' Profit Sharing Plan
MNR Common Stock	09/13/2012	S	1,200	D	\$ 11.631	225,526.819	I	Landy & Landy Employees' Profit Sharing Plan
MNR Common Stock	09/13/2012	S	1,000	D	\$ 11.6222	224,526.819	I	Landy & Landy Employees' Profit Sharing Plan
MNR Common Stock	09/13/2012	S	100	D	\$ 11.634	224,426.819	I	Landy & Landy Employees's Profit Sharing Plan
MNR Common Stock	09/14/2012	А	1,000 (1)	A	\$ 0	750,720.845 (2)	D	
Common	09/14/2012	А	1,000 (1)	A	\$0		_	Juniper Plaza Associates
Common Stock MNR Common	09/14/2012	Α	1,000 (1)	A	\$0	(2)	I	-
Common Stock MNR Common Stock MNR Common	09/14/2012	Α	1,000 (1)	Α	\$0	(<u>2)</u> 24,828.1683 150,913.571	I	Associates
Common Stock MNR Common Stock MNR Common Stock	09/14/2012	Α	1,000 (1)	A	\$0	(<u>2)</u> 24,828.1683 150,913.571	I	Associates Spouse Landy & Landy Employees'
Common Stock MNR Common Stock MNR Common Stock	09/14/2012	Α	1,000 (1)	Α	\$0	(<u>2)</u> 24,828.1683 150,913.571 192,293.62	I	Associates Spouse Landy & Landy & Employees' Pension Plan Eugene W. and Gloria Landy Family

MNR Common Stock								Windso Industri Park Associa	al	
Reminder: Ro	eport on a sepa	ırate line for each clas	ss of securities benefic	Person informa require	s who res ation cont d to respo s a currer	or indirectly. spond to the c ained in this f ond unless th ntly valid OME	form are not e form	SEC 1474 (9-02)		
			ntive Securities Acqu outs, calls, warrants, o				wned			
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)		4. Transacti Code (Instr. 8)	5. orNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		te	7. Title and A Underlying S (Instr. 3 and	Securities	8. Pı Deri Secı (Inst
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Qualified Stock Option to Purchase Common Stock	\$ 9.33					01/03/2013	01/03/2020	MNR Common Stock	65,000	
Qualified Stock Option to Purchase Common Stock	\$ 8.72					01/03/2012	01/03/2019	MNR Common Stock	65,000	
Qualified Stock Option to Purchase Common Stock	\$ 7.22					01/05/2011	01/05/2018	MNR Common Stock	65,000	
Qualified Stock Option to	\$ 7.25					10/20/2009	10/20/2016	MNR Common Stock	65,000	

Purchase Common Stock					
Qualified Stock Option to Purchase Common Stock	\$ 8.22	12/12/2008	12/12/2015	MNR Common Stock	65,000
Qualified Stock Option to Purchase Common Stock	\$ 8.7	09/21/2006	09/21/2013	MNR Common Stock	16,375
Qualified Stock Option to Purchase Common Stock	\$ 8.05	01/22/2008	01/22/2015	MNR Common Stock	16,375
Qualified Stock Option to Purchase Common Stock	\$ 8.15	08/02/2007	08/02/2014	MNR Common Stock	65,000
Qualified Stock Option to Purchase Common Stock	\$ 8.28	08/10/2006	08/10/2013	MNR Common Stock	65,000

Reporting Owners

Reporting Owner Name / Address				
I O	Director	10% Owner	Officer	Other
LANDY EUGENE W 3499 RT. 9 NORTH SUITE 3-C FREEHOLD, NJ 07728	Х	Х	President	

Signatures

Eugene W. Landy

09/18/2012

<u>Signature</u> of
Reporting Person

Date

Explanation of Responses:

* If the form is filed by more than one reporting person, *see* Instruction 4(b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

(1) Restricted Stock. Vesting schedule: 20% each year upon the first through fifth anniversary of Grant Date.

(2) Includes 379.1989 shares acquired on 9/17/12 under MNR Dividend Reinvestment and Stock Purchase Plan.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.