# PARK SLOPE CENTER FOR SUCCESSFUL AGING | NOVEMBER 2026

## LUNCH MENU

463A 7th Street, Brooklyn, NY 11215 | Center Director Julimarie Colón |
718-832-3726 jcolon@heightsandhills.org

Greenwich House

| MONDAY 12pm - 1pm | TUESDAY 12pm - 1pm | WEDNESDAY 12pm - 1pm | THURSDAY 12pm - 1pm | FRIDAY 12pm - 1pm |
|---|---|---|---|---|
| 2<br>Chicken Parmesan<br>Pasta<br>Italian Blend Vegetables | 3<br>Mexican Style Brown Rice with Pigeon Peas<br>Broccoli with Toasted Garlic | 4<br>Beef and Broccoli<br>Rice<br>Collard Greens with Tomato | 5<br>Baked Turkey Drumsticks<br>Baked Potato<br>Vegetable Blend | 6<br>Teriyaki Glazed Fish<br>Rice and Beans<br>Brussel Sprouts |
| 9<br>Arroz Con Pollo Chicken Breast and Rice<br>Mixed Green Salad | 10<br>Chipotle Bean and Veggie Chili<br>Rice<br>Vegetable Blend | 11<br>The Center is Closed | 12<br>Baked Turkey Meatballs<br>Rasta Pasta Sauce<br>Sauteed Spinach | 13<br>Fish Curry<br>Red Potatoes<br>String Beans |
| 16<br>Baked Asian Style Honey Chicken<br>Vegetable Lo Mein<br>Sauteed Bok Choy with Garlic | 17<br>Eggplant and Chickpea Stew<br>Collard Greens with Tomato | 18<br>Beef Picadillo<br>Rice and Beans<br>Sauteed Onions and Peppers<br>Plantains | 19<br>Pumpkin Turkey Chili<br>Sauteed Broccoli | 20<br>Parmesan Baked Fish<br>Baked Red Potato Wedges<br>Tosseed Salad |
| 23<br>Chicken Jambalaya<br>Braised Collard Greens | 24<br>Thankgsiving Luncheon<br>Advance Sign-up is Required | 25<br>Chili con Carne<br>Red Beans and Brown Rice<br>Broccoli with Toasted Garlic | 26<br>The Center is Closed<br>---<br>Happy Thanksgiving! | 27<br>The Center is Closed |
| 30<br>Chicken Breast with Mushrooms and Peppers<br>Rice Pilaf<br>Leafy Green Salad | | Recommended donation is $1.75 per meal. | All meals served with fruit and 1% milk. | Vegetarian options available per request. |

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## VEGETARIAN MENU

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Greenwich House

| MONDAY 12pm - 1pm | TUESDAY 12pm - 1pm | WEDNESDAY 12pm - 1pm | THURSDAY 12pm - 1pm | FRIDAY 12pm - 1pm |
|---|---|---|---|---|
| 2<br>Stuffed Shells<br>Italian Blend Vegetables | 3<br>Mexican Style Brown Rice with Pigeon Peas<br>Broccoli with Toasted Garlic | 4<br>Crispy Tofu and Veggie Stir-Fry<br>Rice<br>Collard Greens with Tomato | 5<br>Chickpea Curry Medley<br>Baked Potato<br>Vegetable Blend | 6<br>Lentil Stew with Carrots and Turnips<br>Rice and Beans<br>Brussel Sprouts |
| 9<br>Caribbean Stuffed Eggplant<br>Mixed Green Salad | 10<br>Chipotle Bean and Veggie Chili<br>Rice<br>Vegetable Blend | 11<br>The Center is Closed | 12<br>Lentil and Mushroom Meatballs<br>Rasta Pasta Sauce<br>Sauteed Spinach | 13<br>Eggplant and Lentil Curry<br>Roasted Spiced Red Potatoes<br>String Beans |
| 16<br>General Tso's Tofu<br>Vegetable Lo Mein<br>Sauteed Bok Choy with Garlic | 17<br>Eggplant and Chickpea Stew<br>Collard Greens with Tomato | 18<br>Chickpea Curry Medley<br>Rice and Beans<br>Onions and Peppers<br>Plantains | 19<br>Lentil, Spinach, & Brown Rice Stew<br>Sauteed Broccoli | 20<br>White Bean, Eggplant & Tomato Casserole<br>Red Potato Wedges<br>Tossed Salad |
| 23<br>Tofu Broccoli Curry<br>Braised Collard Greens | 24<br>Thanksgiving Luncheon<br><br>Advance sign-up is required. | 25<br>Red Lentil Bolognese<br>Broccoli with Toasted Garlic | 26<br>The Center is Closed<br><br>Happy Thanksgiving! | 27<br>The Center is Closed |
| 30<br>Veggie Lasagna Alfredo<br>Leafy Green Salad | | Recommended donation is $1.75 per meal. | All meals served with fruit and 1% milk. | |