



PARK SLOPE CENTER FOR SUCCESSFUL AGING | AUGUST 2026

LUNCH MENU

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



MONDAY 12pm - 1pm	TUESDAY 12pm - 1pm	WEDNESDAY 12pm - 1pm	THURSDAY 12pm - 1pm	FRIDAY 12pm - 1pm
3 Chicken Stir Fry with Vegetables Brown Rice Bok Choy	4 Tofu Stir Fry Brown Rice Cabbage Edamame Slaw	5 Moroccan Beef Stew with Chickpeas Mashed Potatoes Vegetable Blend	6 Baked Ziti with Turkey Spinach and Tomatoes	7 Jerk Salmon Baked Potato Green Beans
10 Chicken Parmesan Pasta Vegetable Blend	11 Mexican Style Brown Rice with Pigeon Peas Broccoli	12 Beef and Broccoli White Rice Collard Greens with Tomato	13 Baked Turkey Drumsticks Baked Potato Vegetable Blend	14 Teriyaki Glazed Fish Rice and Beans Brussel Sprouts
17 Arroz con Pollo Mixed Green Salad	18 Chipotle Bean and Veggie Chili White Rice Vegetable Blend	19 Beef and Chickpea Stew Rice Pilaf Cole Slaw	20 Baked Turkey Meatballs Rasta Pasta Sauteed Spinach	21 Fish Curry Roasted Potatoes String Beans
24 Asian Style Honey Chicken Vegetable Lo Mein Bok Choy	25 Eggplant Chickpea Tagine Collard Greens with Tomato	26 Beef Picadillo Rice and Beans Yellow Plantains	27 Hamburger Pasta Salad Corn	28 Parmesan Baked Fish Potato Wedges Tossed Salad
31 Chicken Jambalaya Brown Rice Collard Greens		Recommended donation is \$1.75 / meal	All meals served with fruit and 1% milk	Vegetarian options available per request



PARK SLOPE CENTER FOR SUCCESSFUL AGING | AUGUST 2026

VEGETARIAN MENU

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



Monday 12pm - 1pm	TUESDAY 12pm - 1pm	WEDNESDAY 12pm - 1pm	THURSDAY 12pm - 1pm	Friday 12pm - 1pm
3 Root Vegetable Stew Brown Rice Bok Choy	4 Tofu Stir Fry Brown Rice Cabbage Edamame Slaw	5 Eggplant Chickpea Tagine Garlic Mashed Potatoes Vegetable Blend	6 Manicotti with Tofu Ricotta Sauteed Spinach and Tomatoes	7 Lentil, Spinach, and Brown Rice Stew Baked Potato Green Beans
10 Autumn Harvest Stuffed Shells Pasta Vegetable Blend	11 Mexican Style Brown Rice with Pigeon Peas Broccoli with Toasted Garlic	12 Tofu and Veggie Stir-Fry White Rice Collard Greens	13 Chickpea Curry Medley Baked Potato Vegetable Blend	14 Lentil Stew with Carrots and Turnips Rice and Beans Brussel Sprouts
17 Caribbean Stuffed Eggplant Mixed Green Salad	18 Chipotle Bean and Veggie Chili White Rice Vegetable Blend	19 Chinese Vegetarian Stew Rice Pilaf Cole Slaw	20 Lentil and Mushroom Meatballs Rasta Pasta Sauteed Spinach	21 Eggplant and Lentil Curry Roasted Potatoes String Beans
24 General Tso's Tofu Vegetable Lo Mein Bok Choy	25 Moroccan Eggplant and Chickpea Stew Collard Greens and Tomato	26 Chickpea Curry Medley Rice and Beans Yellow Plantains	27 Lentil, Spinach, and Brown Rice Stew Sauteed Broccoli	28 White Bean Eggplant and Tomato Casserole Baked Potato Wedges Tossed Salad
31 Tofu Broccoli Curry Brown Rice Collard Greens			Recommended donation is \$1.75 / meal	All meals served with fruit and 1% milk