

PARK SLOPE CENTER FOR SUCCESSFUL AGING | LUNCH MENU

463A 7th Street, Brooklyn, NY 11215 | Center Director Matt Abrams | 718-832-3726 mabrams@heightsandhills.org

Monday 12pm - 1pm	TUESDAY 12pm - 1pm	WEDNESDAY 12pm - 1pm	THURSDAY 12pm - 1pm	Friday 12pm - 1pm
Recommended donation is \$1.75 / meal All meals served with fruit and 1% milk	Vegetarian options available per request	1 Beef and Broccoli White Rice Collard Greens with Tomato	2 Baked Turkey Drumstick Baked Potato California Blend Vegetables	3 The Center is Closed
6 Arroz con Pollo Mixed Green Salad	7 Chipotle Bean and Veggie Chili White Rice California Blend Vegetables	8 Beef and Chickpea Stew Rice Pilaf Cole Slaw	9 Baked Turkey Meatballs Rasta Pasta Sauteed Spinach	10 Fish Curry Roasted Potatoes String Beans
13 Asian Style Honey Chicken Vegetable Lo Mein Bok Choy	14 Eggplant Chickpea Stew Collard Greens with Tomato	15 Beef Picadillo Rice and Beans Yellow Plantains	16 Pumpkin Turkey Chili Broccoli with Mushrooms and Onions	17 Parmesan Baked Fish Potato Wedges Tossed Salad
20 Chicken Jambalaya Brown Rice Collard Greens	21 Eggplant Parmesan Cabbage and Beet Salad	22 Chili con Carne Red Beans and Rice Broccoli	23 Turkey Burger Spinach Salad	24 Baked Fish with Black Bean Sauce Rice Pilaf Brussels Sprouts
27 Chicken with Mushrooms and Peppers Rice Pilaf Green Salad	28 Tofu with Kale and Barley Cucumber Salad	29 Beef Sloppy Joe Roasted Vegetables	30 Turkey Tacos Rice and Beans Sauteed Onions and Peppers	31 Brazilian Fish Stew Red Potatoes Broccoli