



PARK SLOPE CENTER FOR SUCCESSFUL AGING | SEPTEMBER 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
Recommended donation is \$1.75 per meal.	1 Eggplant Parmesan Cabbage and Beet Salad	2 Chili con Carne Red Beans and Brown Rice Broccoli	3 Turkey Burger Baby Spinach Salad Roasted Sweet Potato Fries	4 Baked Fish with Black Bean Sauce Brown Rice Pilaf Brussels Sprouts
7 The Center is Closed in observation of Labor Day.	8 Five Spice Tofu with Barley and Kale Asian Cucumber Salad	9 Beef Sloppy Joe Roasted Broccoli Roasted Root Vegetables	10 Turkey Tacos Brown Rice with Black Beans Sauteed Musrooms, Peppers and Onions	11 Brazilian Fish Stew Roasted Broccoli Smashed Red Potatoes
14 Chicken Stir Fry with Vegetables Brown Rice Sauteed Bok Choy with Garlic	15 Scallion Ginger Tofu Stir Fry with Brown Rice Cabbage Edamame Slaw w/ Peanut Dressing	16 Moroccan Beef Stew with Chickpeas Garlic Mashed Potatoes Vegetable Blend	17 Baked Ziti with Turkey Sauteed Spinach and Tomatoes	18 Jerk Salmon Baked Potato Green Beans
21 Chicken Parmesan Pasta Italian Vegetable Blend	22 Mexican Style Brown Rice with Pigeon Peas Broccoli	23 Beef and Broccoli White Rice Collard Greens with Tomato	24 Baked Turkey Drumsticks Baked Potato Vegetable Blend	25 Teriyaki Glazed Fish Rice and Beans Brussels Sprouts
28 Chicken Breast and Rice Mixed Green Salad with Dressing	29 Chipotle Bean and Veggie Chili White Rice Vegetable Blend	30 Beef and Chickpea Stew Rice Pilaf Cole Slaw	All meals served with fruit and 1% milk.	Vegetarian options available per request.



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VEGETARIAN MENU

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MONDAY 12pm - 1pm	TUESDAY 12pm - 1pm	WEDNESDAY 12pm - 1pm	THURSDAY 12pm - 1pm	FRIDAY 12pm - 1pm
	1 Eggplant Parmesan Cabbage and Beet Salad	2 Red Lentil Bolognese Red Beans and Brown Rice Broccoli	3 Eggplant Parmesan Baby Spinach Salad Roasted Sweet Potato Fries	4 Chipotle Bean and Veggie Chili Brown Rice Pilaf Brussels Sprouts
7 The Center is Closed in observation of Labor Day.	8 Five Spice Tofu with Barley & Kale Asian Cucumber Salad	9 Korean Lentil Sloppy Joe Roasted Broccoli Roasted Root Vegetables	10 Vegetable Lo Mein with Crispy Tofu Brown Rice & Black Beans Sauteed Mushrooms, Peppers and Onions	11 Eggplant and Bean Meatballs Roasted Broccoli Smashed Red Potatoes
14 Root Vegetable Stew Brown Rice Sauteed Bok Choy with Garlic	15 Scallion Ginger Tofu Stir Fry with Brown Rice Cabbage Edamame Slaw w/ Peanut Dressing	16 Moroccan Eggplant & Chickpea Stew Garlic Mashed Potatoes Vegetable Blend	17 Manicotti with Tofu Ricotta Sauteed Spinach and Tomatoes	18 Lentil, Spinach, and Brown Rice Stew Baked Potato Green Beans
21 Autumn Harvest Stuffed Shells Pasta Italian Vegetable Blend	22 Mexican Style Brown Rice with Pigeon Peas Broccoli	23 Crispy Tofu and Veggie Stir-Fry White Rice Collard Greens with Tomato	24 Chickpea Curry Medley Baked Potato Vegetable Blend	25 Lentil Stew with Carrots and Turnips Rice and Beans Brussels Sprouts
28 Caribbean Stuffed Eggplant Mixed Green Salad with Dressing	29 Chipotle Bean and Veggie Chili White Rice Vegetable Blend	30 Chinese Vegetarian Stew Rice Pilaf Cole Slaw	All meals served with fruit and 1% milk.	Recommended donation is \$1.75 per meal.