



PARK SLOPE CENTER FOR SUCCESSFUL AGING | OCTOBER 2026

LUNCH MENU

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



MONDAY
12pm - 1pm

Recommended
donation is
\$1.75 per meal

TUESDAY
12pm - 1pm

All meals served
with fruit and
1% milk.

WEDNESDAY
12pm - 1pm

Vegetarian options
available per request

THURSDAY
12pm - 1pm

Baked Turkey
Meatballs
Rasta Pasta
Sauteed Spinach

FRIDAY
12pm - 1pm

Fish Curry
Roasted Spiced
Red Potatoes
Sauteed String
Beans

Baked
Honey Chicken
Vegetable LoMein
Sauteed Bok
Choy with Garlic

Eggplant Chickpea
Tagine
Collard Greens with
Tomato

Beef Picadillo
Rice and Beans
Sauteed Onions
and Peppers
Plantains

Pumpkin Turkey
Chili
Sauteed Broccoli
with Mushrooms
and Pearl Onions

Parmesan Baked
Fish
Baked Red Potato
Wedges
Tossed Salad

The Center
is Closed.

Eggplant
Parmesan
Cabbage and Beet
Salad

Chili con Carne
Red Beans and
Brown Rice
Broccoli with
Toasted Garlic

Turkey Burger
Baby Spinach
Salad
Roasted Sweet
Potato Fries

Baked Fish with
Black Bean
Sauce
Baked Rice Pilaf
Brussels Sprouts

Chicken Breast
with Mushrooms
and Peppers
Rice Pilaf
Green Salad

Five Spice Tofu
with Barley and Kale
Asian Cucumber Salad

Beef Sloppy Joe
with Bun
Roasted Broccoli

Turkey Tacos
Brown Rice with
Black Beans
Sauteed Peppers
Mushrooms, Onions

Brazilian Fish
Stew
Roasted Broccoli
Smashed Red
Potatoes

Chicken Stir Fry
with Vegetables
Brown Rice
Sauteed Bok Choy
with Garlic

Scallion Ginger
Tofu Stir Fry
Brown Rice
Cabbage Edamamae
Slaw

Moroccan Beef
Stew with Chickpeas
Garlic Mashed
Potatoes
Vegetable Blend

Baked Ziti with
Turkey
Sauteed Spinach and
Tomatoes

Jerk Salmon
Baked Potato
Green Beans



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VEGETARIAN MENU

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THURSDAY
12pm - 1pm

FRIDAY
12pm - 1pm

General Tso's
Tofu
Vegetable Lo Mein
Sauteed Bok Choy
with Garlic

5

Eggplant
Chickpea Tagine
Collard Greens with
Tomato

6

Chickpea Curry
Medley
Rice and Beans
Yellow Plantains

7

Meaty Lentil and
Mushroom Meatballs
Rasta Pasta
Sauteed Spinach

1

Eggplant and
Lentil Curry
Roasted Spiced
Red Potatoes
Sauteed String Beans

2

Lentil, Spinach,
and Brown Rice Stew
Sauteed Broccoli with
Mushrooms and Pearl
Onions

8

White Bean,
Eggplant and Tomato
Casserole
Red Potato Wedges
Tossed Salad

9

The Center
is Closed

12

Eggplant
Parmesan
Cabbage and Beet
Salad

13

Red Lentil
Bolognese
Red Beans and Brown
Rice
Broccoli with Garlic

14

Eggplant
Parmesan
Baby Spinach Salad
Roasted Sweet
Potato Fries

15

Chipotle Bean
and Veggie Chili
Baked Brown Rice
Pilaf
Brussels Sprouts

16

Veggie Lover
Lasagna Alfredo
Leafy Green Salad
with Apples

19

Five Spice Tofu
with Barley and Kale
Asian Cucumber Salad

20

Korean Lentil
Sloppy Joe with Bun
Roasted Broccoli

21

Vegetable
Lo Mein with
Crispy Tofu
Sauteed Mushrooms,
Peppers and Onions

22

Middle Eastern
Eggplant and Bean
Meatballs
Roasted Broccoli
Red Potatoes

23

Root Vegetable
Stew
Brown Rice
Sauteed Bok Choy
with Garlic

26

Scallion Ginger
Tofu Stir Fry
Brown Rice
Cabbage Edamamae
Slaw

27

Eggplant and
Chickpea Stew
Garlic Mashed
Potatoes
Vegetable Blend

28

Manicotti with
Tofu Ricotta
Sauteed Spinach and
Tomatoes

29

Lentil, Spinach
and Brown Rice Stew
Baked Potato
Green Beans

30