

NAME: _____ PHONE: _____ CITY OF RESIDENCE: _____

City of San Mateo
Department of Parks and Recreation Senior Services

January 2026

For office use only

Entered by: _____ Date: _____

Checked _____ Date: _____

Circle the days you would like a meal at the Senior Center.

To make a reservation or cancel, please **650-522-7490**. All reservations received by:

THURSDAY December 11, 2026, will be processed randomly, starting with City of San Mateo Residents. This form does NOT guarantee reservations. Patrons may be placed on a waitlist. Meals cost \$7

San Mateo Senior Center- 2645 Alameda de las Pulgas, San Mateo, CA, 94402

DOORS Will OPEN AT 11:30am. No arrivals allowed after 12:15 pm.

Monday (Senior Center)	Wednesday (Senior Center)	Friday (Senior Center)
5	7	9
Beef Raviolis with Ragu Sauce, with a side of Squash & Onion	Chicken Stir Fry, Whole Grain Rice, with a side of Mixed Asian Cabbage & Carrots	Shrimp Enchiladas, w/ a side of Spanish Rice & Black Beans, Cabbage Salad, Sauteed Peppers and Onions
12	14	16
Baked Salmon with Lemon Butter Sauce, a side of Brown Rice Pilaf, and Green Beans & Cauliflower	Homemade Meatloaf with Mashed Potatoes and Gravy, Broccoli & Carrots	Tapatio Chicken Taco Bowl, with Spanish Rice, Pinto Beans, Peppers & Onion Corn Salsa, Wheat Tortillas
19	21	23
CLOSED Happy Dr. Martin Luther King Jr. Day	Beef Stew, served over Mashed Potatoes, Gravy, Green Beans, Onions, and a Mushroom Medley	Thai Basil Cashew Chicken with Curry Sauce, Sticky Rice, Corn & Peas, Salad, and a Wheat Roll
26	28	30
Honey Baked Ham, with a side of Corn & Peas, Mashed Potatoes	Pork Pot Roast, with a side of Mashed Potatoes, Carrots, Celery, and Onions	Linguini Marinara & Meat Balls with a side of Cauliflower and Corn

WAIVER OF LIABILITY & PHOTO RELEASE: In consideration of participation in the City of San Mateo, Senior Lunch Program, I the undersigned for myself, agree to indemnify and hold the City of San Mateo, it's elected and appointed officials, employees, and agents (the "City") harmless and hereby waive, release and discharge any and all damage claims, for death, personal injury, bodily injury or property damage which I may have or which hereinafter may accrue to me against the City from and against any liability arising out of or connected in any way with my participation in this Program, even though that liability may arise out of ordinary negligence or carelessness on the part of the person or entities mentioned above. I understand that accidents and injuries can arise from participation in this Program; knowing the risks, nevertheless, I hereby agree to assume those risks on behalf of me It is further understood and agreed that this waiver, release and assumption or risks has been freely entered into and is to be binding on my assigns. I have read and agree to the registration and program policies. Further, I agree to allow use of my image and/or that of the named minor, which may be captured through video, photo, digital camera, or other media, for City of San Mateo promotional materials and publications. By my signature below, I acknowledge that I have read this document and understand its contents. **By signing, I agree to follow staff guidance and help create a welcoming, respectful environment for everyone.**

SIGNATURE: _____

***Meals are subject to change. *All meals come with coffee, tea, water and/or milk *All meals include salad and bread**

NAME: _____ PHONE: _____ CITY OF RESIDENCE: _____

City of San Mateo
Department of Parks and Recreation Senior Services

January 2026

Circle the days you would like a meal at King Center.

To make a reservation by phone or to cancel a reservation, please call **650-522-7490**.

All reservations received by **THURSDAY December 11, 2026** will be processed together in a *random order* starting with City of San Mateo Residents. This form does NOT guarantee reservations.

Patrons may be placed on a waitlist. Suggested voluntary contribution: \$5.00

King Community Center - 725 Monte Diablo, San Mateo, CA 94401

DOORS Will OPEN AT 11:30am. No arrivals allowed after 12:15pm.

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Tuesday (King Center)	Thursday (King Center)
6	8
BBQ Shredded Pork Sandwich made with a Wheat Hoagie and a side of Cole Slaw	Pasta Puttanesca with Meatballs, Tomatoes, Olive Oil, Caspers Capers, Garlic, served over Wheat Pasta, with Salad, and a Squash Medley
13	15
Fresh Chicken Piccata, with a side of Brown Rice, Green Beans, and Mushrooms	Grilled English Whiting Fish served over Cous Cous, Blue Lake Green Beans and Peppers
20	22
Grilled Alaskan Cod, with a side of Grilled Cabbage Salad, Brown Rice, and Carrots & Peas	Chicken Marsala over Angel Hair Pasta, and a side of Broccoli & Carrots
27	29
Creamy Garlic Chicken Fettuccini, with a side of Steamed Vegetable Medley	Baked BBQ Sheet Pan Chicken Thighs, served with Garlic Mashed Potatoes, and Broccoli & Carrots

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