

NAME: _____ PHONE: _____ CITY OF RESIDENCE: _____

City of San Mateo
Department of Parks and Recreation Senior Services

February 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 January 22, 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 12:10 pm.

| Monday (Senior Center) | Wednesday (Senior Center) | Friday (Senior Center) |
|--|---|--|
| 2 | 4 | 6 |
| Oven Baked Chicken Thighs, Topped with creamy Marina sauce, a side of mashed potatoes and cabbage and mushroom sauté | Lightly Grilled English Whiting Filets paired with Brown Rice, Green Beans and carrots | Roasted Pork & Mushroom Stroganoff Sause Served on Wheat Pasta |
| 9 | 11 | 13 |
| Florentine Lasagna with ground Chicken a side of green beans and 8 carrots | Oven Baked Barbeque Chicken with Coleslaw, Baked Beans, Wheat Rolls | Grilled Alaskan Cod Served Brown Rice Broccoli & Cauliflower Musical Performance  |
| 16 | 18 | 20 |
| CLOSED ★★★ Presidents Day | Sesame Ginger Salmon Stir Fry with Carrots, Green Onions, Waterchestnuts and Jasmine Rice Lunar New Year Raffle  | Baked Garlic Chicken Served with Whole Grain Brown Rice Broccoli Carrots |
| 23 | 25 | 27 |
| Shrimp Sauté w/ Cabbage and Carrots, Brown Rice, | Baked Pork Loin Sauvignon Blanc Cream Sauce, Wheat Penne Pasta, Green Beans and Carrots | Chicken Stir Fry Whole Grain Rice with Mixed Napa Cabbage and Shaved Carrots |

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

February 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 January 22, 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 12:10pm.

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Checked _____ Date: _____

| Tuesday (King Center) | Thursday (King Center) |
|---|---|
| 3 | 5 |
| Linguini Marinara and Meatballs with gently Cooked Carrots and Cauliflower | Warm Chicken Tortilla Soup served with Tortilla Chips and a side of Chicken Taco Salad |
| 10 | 12 |
| Fresh Tomato Marinara served over Beef Ravioli, Caesar Salad, with a side of Mushrooms and Carrots | Chicken Marsala served with whole grain pasta and a side of Broccoli and sweet Carrots |
| 17 | 19 |
| Tender Beef Stew over whole grain pasta, with Broccoli and Mushrooms Lunar New Year Raffle  | Turkey Tetrazzini Casserole with a creamy mushroom sauce and a side of grilled veggies |
| 24 | 26 |
| Chicken Enchiladas Spanish Rice, Pinto beans, Cabbage and Tomatoes, with a Bell Pepper salad salsa, Peppers and Onions | Lemon Herb Red Snapper, with a side of brown rice, Napa Cabbage and Bell Peppers |

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