City of San Mateo Parks & Recreation Senior Services

For office use only
Entered by:____Date:___
Checked:____Date:___

Name:_____**Phone:**_____**City of Residence**:_____

October 2026

Monday (Senior Center)	Tuesday (King Center)	Wednesday (Senior Center)	Thursday (King Center)	Friday (Senior Center)
	 		**10/1** **Teriyaki Ginger Shrimp Rice Bowl** Served with mushrooms, tomatoes, & Teriyaki sauce	**10/2** **Roasted Turkey** served with Mash Potatoes, Carrots, Green Beans, & Gravy
10/5 Trivia  **Chicken Marsala** w/ Brown rice, Green Beans, Mushrooms	**10/6** **Smoky BBQ Pork Loin** served with Mash Potatoes, Broccoli & Carrots	**10/7** **Gourmet Chicken Stir Fry** with Whole Grain Rice, Mixed Asian cabbage, & Carrots	**10/8** **Beef Burrito** including Spanish rice, Cheese Pinto beans, Peppers, Onions	**10/9** **Savory Baked Salmon** served w/ Lemon Butter sauce, Brown rice, Green Beans, & Cauliflower
10/12 **Creamy Cheese Tortellini** topped with Meat sauce, served w/ Squash & Onions	**10/13** **House made Beef Enchiladas** served with Spanish rice & black beans, sauteed with peppers & onions	**10/14** **Turkey Meatloaf** served w/ Gravy, Mashed potatoes, Broccoli, & Carrots	**10/15** **Grilled English Whiting Fish** served over Cous Cous, Blue Lake Green Beans, & Peppers	**10/16** **Cheeseburger W/ Chips** Coleslaw, Macaroni salad, & sliced Watermelon
10/19 **Salsa Verde Chicken Burrito** including Spanish rice, Pinto beans, Peppers, Onions & Corn salsa	**10/20** **Signature Grilled Alaskan Cod** a side of Cabbage salad, Risotto, Carrots & Peas	**10/21** **Homestyle Pork Pot Roast** served w/ mashed potatoes & veggie	**10/22** **Oregano Chicken Wheat Pasta** with Broccolli, Carrots, & Garden Salad	**10/23** **Thai Basil Cashew Pork** topped w/ Curry Sauce, Sticky rice, Corn, Peas & Salad
10/26 **Sweet Kalua Pork Saute** served over Brown rice, w/ Squash Medley	**10/27** **Garlic Chicken over Pasta** with Broccoli, Carrots & house-made Caeser Salad	**10/28** **Signature Fish & Chips** sided w/ coleslaw, chilled green beans, carrots & tomato salad	**10/29** **Glazed Beef Stew** served over Mashed Potatoes, Green Beans, Onions & Mushroom Medley	**10/30**  **Baked BBQ Chicken Thighs** with Garlic Mashed potatoes, Broccoli & Carrots

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

Please turn to the back of this menu to read and sign the Liability Waiver.

San Mateo Senior Lunch Program Locations:

- San Mateo Senior Center (Mondays, Wednesdays, Fridays) - 2645 Alameda de las Pulgas, San Mateo, CA 94403
- Martin Luther King Jr Community Center (Tuesdays, Thursdays) - 725 Monte Diablo Ave, San Mateo, CA 94401



Senior Center & King Center Lunch Program:

- Circle the days you would like lunch at the Senior Center and King Center.
- To make or cancel a reservation for both locations, please call **650-522-7490**.
- Submit your menu by **FRIDAY, SEPTEMBER 18th, 2026**. Menus received by the deadline are processed in random order, with City of San Mateo residents receiving priority.
- Submitting a menu does not guarantee a reservation. You may be placed on the waitlist.
- Menu Copies will be available for pick-up **WEDNESDAY, SEPTEMBER 23rd, 2026**.
- Your returned menu will show ✓ for confirmed lunches and **WL** for waitlisted lunches.
- If a space becomes available, we will contact you. Please respond promptly or the spot may be offered to another participant.
- **Senior Center Lunch** is $7. **King Center Lunch** Suggested Voluntary Contribution is $5. Doors open at 11:30 a.m. Registered participants must arrive by 12:10 p.m., or their meal may be given to someone on the waitlist.
- The Walk-In Waitlist begins at 11:00 a.m. each lunch day. Any available meals are offered after 12:10 p.m. based on cancellations and no-shows.

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:_____