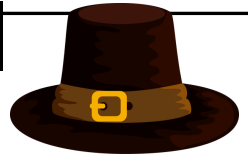
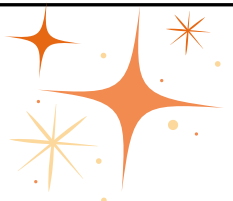
City of San Mateo Parks & Recreation Senior Services

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

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

November 2026

Monday (Senior Center)	Tuesday (King Center)	Wednesday (Senior Center)	Thursday (King Center)	Friday (Senior Center)
11/2 Trivia  **Oven-Baked Chicken Quarter** Mashed Potatoes & Gravy, Sautéed Cabbage & Mushrooms	**11/3** **Mushroom Ravioli Primavera** with Zucchini, Squash & Goat Cheese	**11/4** **Grilled English Whiting Fillets** served over Creamy Polenta with Blue Lake Green Beans	**11/5** **Slow-Cooked Pork Stew** Tender roasted pork with Potatoes, Carrots, Peas & Sweet Corn	**11/6** **Almond-Orange Chicken Stir-Fry** Brown Rice, Green Beans, Carrots & Salad
11/9 **Shredded Chicken Florentine** Penne Bake Garden Salad, Zucchini & Squash	**11/10** **Baked Striped Bass** Brown Rice, Broccoli, Cauliflower & Dinner Roll	**11/11** 	**11/12** **Chicken Piccata** Linguine Pasta, Garden Salad, Broccoli & Carrots	**11/13** **Baked Lemon-Herb Pork Loin** Rice Pilaf, Steamed Squash, Carrots, Peas & Caesar Salad
11/16 **Slow-Roasted Pork Marsala** Polenta, Carrots, Celery, Onions & Dinner Roll	**11/17** **Crispy Chicken Fritters with Country Gravy** Mashed Potatoes, Corn, Peas & Wheat Roll	**11/18** **Chicken Fajita Rice Bowl** Spanish Rice, Peppers, Onions, Corn, Peas & Wheat Roll	**11/19** **Salmon & Mushroom Brown Rice Bowl** Sweet Peppers, Onions, Corn, Lemon Butter Sauce, Salad & Wheat Roll	**11/20** **Za'atar-Spiced Chicken** Brown Rice, Peppers, Onions, Button Mushrooms & Salad
11/23 **Greek-Spiced Lamb** Brown Rice, Peppers, Onions & Button Mushrooms	**11/24** **Ground Beef Enchiladas** Spanish Rice, Pinto Beans, Cabbage, Tomato & Bell Pepper Salad, Salsa	**11/25** **Traditional Thanksgiving** Turkey Dinner Roast Turkey, Stuffing, Mashed Potatoes & Gravy	**11/26**  ***- THANKSGIVING CLOSURE NOV. 26/27 -***	**11/27** 
11/30 **Italian-Style Meatloaf w/Ragù Sauce** Mashed Potatoes & Gravy, Green Beans, Corn & Dinner Roll				

*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 **WEDNESDAY OCTOBER 21st, 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 **MONDAY, OCTOBER 26th, 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:_____