

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

**City of San Mateo  
Department of Parks and Recreation Senior Services**

# February

**Circle** the days you would like to pick up at this location, fill in your name and phone number and return it to the Senior Services staff at the Grab and Go Site.  
If you wish to contact us about placing your reservation or if you wish to cancel a reservation, please call 650-522-7490.

*Meals are subject to change.*

## King Community Center - GRAB and GO

<u>TUESDAY</u>	<u>THURSDAY</u>
<u>2</u>	<u>4</u>
Chicken Pot Pie with celery and carrots, a three-bean salad and fruit.	Turkey Burger with potato salad, a spinach salad and fruit
<u>9</u>	<u>11</u>
New England Clam Chowder with a Caesar salad, garlic bread and fruit	Chicken Marsala with angel hair pasta, broccoli, carrots, a salad, and fruit
<u>16</u>	<u>18</u>
BBQ Chicken, coleslaw, baked beans, corn & peas, salad, bread and fruit.	Lemon Herb Snapper, brown rice, cabbage and bell peppers, salad, bread and fruit
<u>23</u>	<u>25</u>
Vegetarian Frittata, roasted peppers, sausage, salad, bread and fruit	Baked Garlic Chicken, whole grain penne pasta, squash and carrots, Caesar salad, bread and fruit
<b>Enjoy your lunch!</b>	