

NAME: _____

PHONE: _____

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

July

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 Center 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.

Cost: \$6.00

**San Mateo Senior Center - GRAB and GO
2645 Alameda de las Pulgas, San Mateo**

<u>MONDAY</u>	<u>WEDNESDAY</u>	<u>FRIDAY</u>
		<u>2</u>
		Shrimp served over Linguine with Mushrooms, Tomatoes & Pesto Sauce with Garden Salad and Dessert
<u>5</u>	<u>7</u>	<u>9</u>
HOLIDAY	House made Salisbury Steak, Cheddar Mashed Potatoes with reduced Demi Glaze, Cauliflower & Broccoli, Salad & Fruit	Dry Rubbed Roasted Chicken, Mashed Potatoes & Gravy, Eggplant & Mushrooms, Salad, Roll & Dessert
<u>12</u>	<u>14</u>	<u>16</u>
Linguine Marinara & Meatballs, Squash Medley, Garden Salad, Garlic Bread, Dessert	Garlic Chicken Fettuccine, Green Beans & Squash Medley, Caesar Salad, Roll & Dessert	Grilled Cod, Lemon Beurre Blanc, Zucchini Medley, Brown Rice, Salad & Dessert
<u>19</u>	<u>21</u>	<u>23</u>
Chicken Fried Steak, Country Gravy, Mashed Potatoes & Vegetables, Salad & Dessert	Braised Beef Stuffed Ravioli, with White Wine Cream Sauce, Roasted Carrots & Cauliflower, Salad, Roll & Dessert	Chicken Marsala, Brown Rice, Green Beans, Salad, French Bread, & Dessert
<u>26</u>	<u>28</u>	<u>30</u>
Baked Rock Fish with Lemon Caper Sauce, Rice Pilaf, Green Beans, Dinner Roll, Salad & Dessert	Pork Loin Stroganoff over Pasta, Garden Salad, Mushroom & Carrot Medley, Roll & Dessert	Orange Almond Chicken, Brown Rice, Green Beans, Salad, Roll & Dessert