

NAME: _____

PHONE: _____

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

September

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>1</u>	<u>3</u>
	Beef Stroganoff, Whole Wheat Pasta, Mushroom Medley, Garden Salad, Roll & Dessert	Almond Crusted Orange Chicken Thighs, Brown Rice, Green Beans, Salad, Roll & Dessert
<u>6</u>	<u>8</u>	<u>10</u>
Center Closed	Grilled Salmon, Jasmine Rice and Carrots, Spinach Salad, Roll & Fruit	Baked Pollack, Brown Rice, Broccoli & Cauliflower, Salad, Roll & Dessert
<u>13</u>	<u>15</u>	<u>17</u>
Slow Roasted Pork Pot Roast, Mashed Potatoes, Carrots, Celery & Onions, Salad, Roll & Dessert	Pulled Pork & Mushroom Rice Bowl, Sweet Peppers & Onions, Cheddar Cheese, Salad, Roll & Dessert	Chicken Stroganoff, Whole Wheat Pasta, Mushroom Medley, Garden Salad, Roll & Fruit
<u>20</u>	<u>22</u>	<u>24</u>
Shrimp Louie Salad, Manhattan Clam Chowder, Roll & Dessert	Chicken Enchiladas, Spanish Rice, Pinto Beans, Cabbage, Tomato & Bell Pepper Salad, Roll & Dessert	Beef Ravioli, Ragu Sauce, Vegetable Medley, Salad, Roll & Dessert
<u>27</u>	<u>29</u>	
Spiced Beef & Mushroom Stroganoff, Wheat Pasta, Vegetable Medley, Salad, Roll & Dessert	Oven Fried Chicken, Mashed Potatoes & Gravy, Cabbage & Mushroom Sauté, Salad, Biscuit & Dessert	