

NAME: _____

PHONE: _____

CITY OF RESIDENCE: _____

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

November

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.

\$4.00 suggested donation

King Community Center - GRAB and GO 725 Monte Diablo, San Mateo, CA 94401

<u>TUESDAY</u>	<u>THURSDAY</u>
<u>2</u>	<u>4</u>
BBQ Beef Brisket, Coleslaw, Baked Beans, Wheat Roll with Sauteed Corn and Peas	Cheese Tortellini Alfredo with Spinach, Mushrooms and Shaved Chicken & Parmesan Cheese, with Brussel Sprouts
<u>9</u>	<u>11</u>
Chicken Parmesan served with Linguine, Zucchini & Carrots and a Green Salad	Veterans Day No Lunch
<u>16</u>	<u>18</u>
Grilled Salmon served over Jasmine Sticky Rice with Carrots and a Spinach Salad	Lemon Herb Chicken served over Brown Rice, Napa Cabbage & Bell Peppers with a Green Salad
<u>23</u>	<u>25</u>
Fresh Roasted Turkey, Mashed Potatoes, Carrots & Turnips with a Green Salad	Thanksgiving No Lunch
<u>30</u>	-
Penne Marinara & Veal Meatballs served with Broccoli, Garlic Bread and a Garden Salad	