

NAME: _____

PHONE: _____

CITY OF RESIDENCE: _____

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

December 2021

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 over Whole Wheat Pasta, Garden Salad, Dinner Roll, Mushrooms & Carrots Medley, Dessert	Almond Panko Crusted Orange Chicken (Thighs) Brown Rice Green Beans, Salad, Dessert
<u>6</u>	<u>8</u>	<u>10</u>
Baked Garlic Chicken, Whole Grain Penne Pasta, Steamed Squash & Carrots, Caesar Salad, Dessert & Dinner Roll	Roasted Pork Loin & Sausage over Whole Wheat Penne Pasta, Garden Salad, Squash Medley, Dessert & Dinner Roll	Grilled Alaskan Cod with Brown Rice, Broccoli & Cauliflower, Salad, Dinner Roll & Dessert
<u>13</u>	<u>15</u>	<u>17</u>
Slow Roasted Pork Pot Roast, Mashed Potatoes, Carrots, Celery and Onions, Salad, Dinner Roll & Dessert	Beef Raviolis, Caesar Salad, Mushrooms & Carrots, Dinner Roll & Dessert	Grilled Salmon, Carrots and Jasmine Sticky Rice, Spinach Salad, Dinner Roll & Dessert
<u>20</u>	<u>22</u>	<u>24</u>
BBQ Chicken, Coleslaw, Baked Beans, Wheat Roll, Sauteed Corn & Peas, Dessert	Fresh Roasted Turkey, Mashed Potatoes, Green Beans and Carrots, Salad, Dinner Roll & Dessert	Happy Holiday Closed
<u>27</u>	<u>29</u>	<u>31</u>
Turkey & Mushroom Stroganoff over Wheat Pasta, Garden Salad, Veggies, Dinner Roll & Dessert	Oven Fried Chicken, Mashed Potatoes & Gravy, Cabbage & Mushroom Saute, Salad, Biscuit & Dessert	Happy Holiday Closed