

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 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>  |
|  | Oven Roast Chicken Quarter, Garlic Mashed Potatoes, Broccoli & Carrots, Fruit, Salad, Dinner Roll           |
| <u>7</u>   | <u>9</u>  |
| Ground Beef Lasagna, Green Salad, Brussel Sprouts, Garlic Bread & Fruit  | Chicken Marsala over Angel Hair Pasta, Garden Salad, Broccoli & Carrots, Fruit & Dinner Roll                |
| <u>14</u>  | <u>16</u>   |
| Lemon Herb English Whiting Fish Filet with Brown Rice, Napa Cabbage & Bell Peppers, Dinner Roll, Fruit & Salad | Turkey Meatloaf, Scalloped Potatoes, Peas and Corn, with a Spinach Salad, Biscuit & Fruit.                  |
| <u>21</u>  | <u>23</u>   |
| Beef Enchiladas, Spanish Rice, Pinto Beans, Cabbage, Tomato & Bell Pepper Salad, Salsa & Fruit                 | Honey Baked Ham, Polenta, Corn & Peas, Salad, Dinner Roll & Fruit   |
| <u>28</u>  | <u>30</u>   |
| Penne Marinara & Veal Meatballs, Garden Salad, Garlic Bread & Fruit  | Chicken Provolone Bake with Alfredo Sauce, Whole Wheat Penne Pasta, Green Beans, Salad, Dinner Roll & Fruit |