



City of San Mateo
Department of Parks and Recreation
San Mateo Senior Center
650-522-7490

ATTENTION—VERY IMPORTANT NEWS

**Starting Wednesday, December 1,
we will be changing the way we operate the
Grab and Go Lunch Program Distribution.**

San Mateo Senior Center Monday—Wednesday—Friday 12:00-12:30pm

Patrons will park their cars and enter the Center through the back of the Center. At this time you will pay the fee, pick up your lunch and then choose to eat your lunch in the Assembly Room or take your lunch home as usual. Only the Assembly Room will be open. No casual seating in the lobby. **Picking up your lunch at the front of the building from your car will no longer be an option.**

King Community Center Tuesday—Thursday 12:00-12:30pm

Patrons will park their cars and enter the Center through the lobby and proceed to the Assembly Room. At this time you may pay the donation, pick up your lunch and then choose to eat your lunch in the Assembly Room or take your lunch home as usual. **Picking up your lunch at the front of the building from your car will no longer be an option.**

Masks will still be required until you begin eating your meal. Chairs must remain six feet apart in the dining room. Water and plastic silverware will be available if needed. The dining room will remain open from 12:00-12:45pm.

Any questions, please call us at 650-522-7490.

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