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.
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.

All reservations received by **1:00pm on Friday, November 19, 2021** will be processed together in a random order starting with City of San Mateo Residents. This form does **NOT** guarantee reservations. *Meals are subject to change.*

$4.00 suggested donation

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

<table>
<thead>
<tr>
<th>TUESDAY</th>
<th>THURSDAY</th>
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<tbody>
<tr>
<td>.</td>
<td>2</td>
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<tr>
<td></td>
<td>Oven Roast Chicken Quarter, Garlic Mashed Potatoes, Broccoli &amp; Carrots, Fruit, Salad, Dinner Roll</td>
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<td>9</td>
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<tr>
<td>Ground Beef Lasagna, Green Salad, Brussel Sprouts, Garlic Bread &amp; Fruit</td>
<td>Chicken Marsala over Angel Hair Pasta, Garden Salad, Broccoli &amp; Carrots, Fruit &amp; Dinner Roll</td>
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<td>14</td>
<td>16</td>
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<tr>
<td>Lemon Herb English Whiting Fish Filet with Brown Rice, Napa Cabbage &amp; Bell Peppers, Dinner Roll, Fruit &amp; Salad</td>
<td>Turkey Meatloaf, Scalloped Potatoes, Peas and Corn, with a Spinach Salad, Biscuit &amp; Fruit.</td>
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<td>23</td>
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<tr>
<td>Beef Enchiladas, Spanish Rice, Pinto Beans, Cabbage, Tomato &amp; Bell Pepper Salad, Salsa &amp; Fruit</td>
<td>Honey Baked Ham, Polenta, Corn &amp; Peas, Salad, Dinner Roll &amp; Fruit</td>
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<td>28</td>
<td>30</td>
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<tr>
<td>Penne Marinara &amp; Veal Meatballs, Garden Salad, Garlic Bread &amp; Fruit</td>
<td>Chicken Provolone Bake with Alfredo Sauce, Whole Wheat Penne Pasta, Green Beans, Salad, Dinner Roll &amp; Fruit</td>
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City of San Mateo
Department of Parks and Recreation Senior Services

December 2021

NAME: __________________________________________________ PHONE: __________________________________________________

CITY OF RESIDENCE: ______________________________________