

NAME: _____

PHONE: _____

CITY OF RESIDENCE: _____

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

January 2022

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>3</u>	<u>5</u>	<u>7</u>
Oven Baked Pork Roast Mashed Potatoes & Gravy, Cabbage & Mushroom Sauté, and a Biscuit	Grilled English Whiting Filets Served over Cous Cous, Blue Lake Green Beans Whole Wheat Roll	Panko Crusted Orange Chicken (Thighs), Brown Rice Green Beans, Salad
<u>10</u>	<u>12</u>	<u>14</u>
Penne Marinara & Veal Meatballs with a Garden Salad, Zucchini & Squash	Beef Brisket & Carrots, Celery, Potatoes, with a Reduced Burgundy Reduction, and a Green Salad and a Roll	Grilled Alaskan Cod Served Brown Rice Broccoli & Cauliflower and a Dinner Roll
<u>17</u>	<u>19</u>	<u>21</u>
HOLIDAY	Beef Raviolis , Caesar Salad, Mushrooms & Carrots and a Roll	Turkey Pot Roast, Salad, Carrots, Peas and Corn Medley with a Roll
<u>24</u>	<u>26</u>	<u>28</u>
Ground Beef & Spinach Florentine Lasagna and a Green Salad with Garlic Bread	Baked Pork Loin Sauvignon Blanc Cream Sauce, Wheat Penne Pasta, Green Beans and Carrots	Shrimp Louie Salad served w/ Manhattan Clam Chowder with a Roll.
<u>31</u>		
Teriyaki Chicken, Brown Rice, Waterchestnuts & Carrots, Salad, Rolls		