

NAME: _____

PHONE: _____

CITY OF RESIDENCE: _____

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

February 2022

Circle the days you would like to pick up or stay in and eat 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>2</u>	<u>4</u>
	Penne Marinara & Meatballs with a Garden Salad, Zucchini & Squash, a Salad and Fruit.	Oven Baked Chicken with Roasted Potatoes & Gravy, Carrots and Mushrooms with a Salad and Dessert
7	9	11
Grilled Salmon with Jasmine Sticky Rice, Peas and Corn, Spinach Salad and Dessert	Shredded Pork Enchiladas w/ Shredded Lettuce, Cheese, Tomato, Sour Cream, Wheat Tortillas, with Rice and Beans & a Salad.	Pot Roast w/ Mashed Potatoes, Broccoli, a Salad and Dessert
14	16	18
Garlic Chicken Fettuccine w/ Steamed Squash Medley, Caesar Salad & Dessert	Meatloaf w/ Mashed Potatoes & Gravy, Mushrooms & Broccoli, a Salad and Dessert	BBQ Shrimp & Chicken Berry Salad w/ Strawberries, Pineapple, Grapes w/a Raspberry Vinaigrette, & Dessert
21	23	25
HOLIDAY NO LUNCH	Grilled Swai Whiting Fish served over Israeli Cous Cous, w/ Blue Lake Green Beans, Whole Wheat Roll, a Salad and Dessert	Grilled Chicken Caesar w/ Hearts of Romaine served over Flat Bread, Parmesan & Anchovies with Steamed Broccoli & Carrots, a Salad and Dessert.
28		
Tortellini & Pesto Primavera, w/ Carrots, Peas & Pepper Salad, w/ Wheat Bread, and Dessert		