

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 at this location or sit inside and eat, 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>1</u>	<u>3</u>
Bake Basa White Fish w/ Lemon Caper Sauce, Rice Pilaf, Mushroom Medley, Carrots, Peas, Corn, a Salad and Fruit	Chicken Fried Steak with Mashed Potatoes, Green Bean Casserole, Salad, a Biscuit, and Fruit
<u>8</u>	<u>10</u>
Smoked Mozzarella w/ Chicken Raviolis, a Caesar Salad, Mushrooms, Carrots and Fruit.	Linguine & Mushrooms, Sliced Brisket w/ Pesto Cream Sauce, Broccoli, a Salad and Fruit
<u>15</u>	<u>17</u>
Merlot Glazed Pork Loin w/ Wheat Pasta, Cauliflower, a Salad and Fruit	Chicken Marsala w/ Brown Rice, Green Beans, French Bread, a Salad and Fruit
<u>22</u>	<u>24</u>
Ground Chicken Kabobs w/ Mint Aioli, Rice, Cabbage, a Garden Salad and Fruit	Beef Stew w/ Carrots, Celery, Potatoes, Peas and Corn, w/ a Reduced Burgundy Reduction, Corn Bread, a Salad and Fruit