

NAME: _____

PHONE: _____

CITY OF RESIDENCE: _____

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

March 2022

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> |
| | Coq Au Vin Chicken, Mashed Potatoes, Sauteed Corn & Peas & Onions Dessert | Crushed Peanut Teriyaki Salmon, Brown Rice Green Beans, Salad |
| <u>7</u> | <u>9</u> | <u>11</u> |
| Ground Chicken Florentine Fried Polenta Lasagna Green Salad, Mushrooms and Carrots | Ground Beef Stroganoff over Wheat Pasta Garden Salad, Peas & Corn Medley, and a Roll | Tomato Coconut Curry Rock Fish Served Lemon Zest Rice, Onions, Tomatoes, Carrots |
| <u>14</u> | <u>16</u> | <u>18</u> |
| Pork Pot Roast, Mashed Potatoes, Carrots, Celery and Onions, Rolls & Dessert | Beef Raviolis, Caesar Salad, Mushrooms & Carrots served with a Roll | Vegetarian Cheese Lasagna with Garlic Bread w/ a Garden Salad and Dessert |
| <u>21</u> | <u>23</u> | <u>25</u> |
| Mexican Tortilla Casserole with Beef, Cheese, Olives and Corn served with a Fiesta Salad, and Dessert | BBQ Chicken w/ Whole Grain Brown Rice, Steamed Squash & Carrots, Caesar Salad, A Biscuit, & Dessert | Shrimp Louie Salad served w/ New England Clam Chowder with a Garden Salad and a Roll |
| <u>28</u> | <u>30</u> | |
| Lebanese Tahini Chicken Lentil & Rice, Garden Salad Carrots & Onions Sod- 756 | Sweet Chili Chicken & Shrimp Sauté, Jasmine Sticky Rice, Broccoli & Carrots Sod 822 | |