

NAME: _____

PHONE: _____

CITY OF RESIDENCE: _____

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

April 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.

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

<u>TUESDAY</u>	<u>THURSDAY</u>
<u>5</u>	<u>7</u>
Eggplant Parmesan Served over Pasta, w/ Marinara Sauce, Mushroom Medley and Lima Beans & Garlic Bread and a Spinach Salad. Sodium 746	Chicken Piccata w/ lemon capers Macaroni Served with a Pasta Garden Salad & Broccoli & Carrots Sodium 784
<u>12</u>	<u>14</u>
Teriyaki Chicken Sauté w/ Jasmine Sticky Rice & Almonds, Shaved Carrots & Chopped Broccoli, with a Garden Salad and Bread Sodium 716	Baked Ham w/ Cheddar Mashed Potatoes, Carrots & Corn, a Salad and Bread Sodium-809
<u>19</u>	<u>21</u>
Chicken & Mushroom Stew over Polenta w/ Carrots & Turnips & a Garden Salad, & a Biscuit Sodium- 756	Grilled English Whiting Filets Served over Brown Rice, Blue Lake Green Beans, w/ a Salad and Bread Sodium 780
<u>26</u>	<u>28</u>
Sesame Ginger Glazed Grilled Salmon w/Fried Rice Cabbage & Pepper Sauté and a Salad and Bread Sodium 795	Turkey served with Mashed Potatoes, Green Beans & Carrots, a Garden Salad and Bread Sodium 774