

NAME: _____

PHONE: _____

CITY OF RESIDENCE: _____

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

May 2022

Circle the days you would like to pick up at this location or sit inside and eat, fill in your name, City & 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>3</u> Penne Primavera Zucchini & Squash, Chicken Thighs w/ Parmesan, Salad, Wheat Bread & Fruit.	<u>5</u> Cinco de Mayo Chicken Enchiladas with Spanish Rice, Black Beans & Corn and Pepper Taco Salad
<u>10</u> Orange Salmon Stir Fry served over Brown Rick, Broccoli & Cauliflower with a Dinner Roll and Fruit	<u>12</u> Meatball & Mushroom Stroganoff over Wheat Pasta with a Garden Salad, Veggies, a Dinner Roll and Fruit
<u>17</u> Lemon Herb Chicken with Coleslaw, Sauteed Corn & Peas with a Wheat Roll and Fruit	<u>19</u> Cajun Spiced Rockfish w/ Brown Rice, Napa Cabbage & Bell Peppers, a Salad and Fruit
<u>24</u> Braised Corn Beef Brisket with Stewed Carrots & Celery served over Mashed Potatoes w/ a Green Salad & Wheat Roll and Fruit	<u>26</u> Chicken Piccata Linguine with a Garden Salad, Broccoli & Carrots, a Wheat Roll and Fruit.
<u>31</u> BBQ Chicken with Coleslaw, Baked Beans, Sauteed Corn and Peas, Wheat Roll and Fruit	