

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 or stay in and eat at this location, fill in your name, City 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.

This form does NOT guarantee reservations. Patrons may be placed on a waitlist.

*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>	<u>6</u>
Vegetarian Florentine Lasagna with a Green Salad, Garlic Bread and Dessert	Grilled English Whiting Filets served over Polenta, Blue Lake Green Beans w/ Whole Wheat Roll	Sesame Ginger Chicken (Thighs) served over Brown Rice w/ Lima Beans & Mushrooms, Salad & Dessert
<u>9</u>	<u>11</u>	<u>13</u>
Oven Baked Tahini Chicken, Mashed Potatoes & Cabbage & Mushrooms Sauté, Bread and Dessert	Turkey Burger, Potato Salad with a Spinach Salad and Fruit	Baked Garlic Chicken served over Whole Grain Penne Pasta w/ Steamed Squash & Carrots, a Caesar Salad & Fruit
<u>16</u>	<u>18</u>	<u>20</u>
Rosemary Pork Roast served with Gravy & Mashed Potatoes, Carrots, Celery and Onions, w/ a Garden Salad	Butternut Squash Raviolis topped w/ Charbroiled Chicken & Mushrooms and Carrots w/ a Caesar Salad	Grilled Salmon Kabobs served over Jasmine Sticky Rice & Carrots w/ a Spinach Salad
<u>23</u>	<u>25</u>	<u>27</u>
Chicken Fajita Rice Bowl w/ a Garden Salad, Roll and Dessert	Baked Hamburger Steak w/ Mushroom Merlot Demi Glaze served over Garlic Mashed Potatoes, Green Beans and Carrots	Tuna Sandwich Box w/ a Tuna Sandwich, Coleslaw, Fruit and Dessert
<u>30</u>		
<b>Memorial Day HOLIDAY</b>		