

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

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

**November**

Circle the days you would like to pick up at this location, fill in your name 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.

*Meals are subject to change.*

**San Mateo Senior Center - GRAB and GO**

<u>MONDAY</u>	<u>WEDNESDAY</u>	<u>FRIDAY</u>
<u>2</u>	<u>4</u>	<u>6</u>
Garlic Baked Chicken, mashed potatoes & gravy, cabbage and mushrooms	Grilled English Whiting Filets served over cous cous with blue lake green beans, and a whole wheat roll.	Pork Roast & Italian Sausage Stew with carrots, celery, potatoes with a green salad
<u>9</u>	<u>11</u>	<u>13</u>
Italian Antipasto Salad with Minestrone Soup	<b>VETERAN'S DAY HOLIDAY No Lunch Service</b>	Grilled Alaskan Cod served over brown rice with broccoli and cauliflower and a dinner roll
<u>16</u>	<u>18</u>	<u>20</u>
Slow Roasted Beef Pot Roast with mashed potatoes, carrots, celery, onions and a roll.	Cheese Tortellini topped with a chicken breast. Caesar salad, mushrooms and carrots	Open Faced Meatball Sandwich served on a Hoagie roll with a salad.
<u>23</u>	<u>25</u>	<u>27</u>
Rock Fish Vera Cruz served over brown rice with a squash medley, salad and a dinner roll	Ham, Au Gratin Potatoes, carrots and broccoli with a garden salad and roll	<b>DAY AFTER THANKSGIVING No Lunch Service</b>
<u>30</u>		
Chicken Marsala served on Angel Hair Pasta with a garden salad, broccoli and carrots		