

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

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

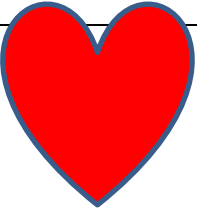
**City of San Mateo  
Department of Parks and Recreation Senior Services**

**February**

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>1</u>	<u>3</u>	<u>5</u>
Grilled Alaskan Cod served with brown rice, broccoli & cauliflower, and a dinner roll	Beef Pot Roast, mash potatoes, mushroom medley, a garden salad and a roll	Almond Crusted Orange Chicken Thighs, with brown rice, green beans & a salad
<u>8</u>	<u>10</u>	<u>12</u>
Ground Chicken Florentine Lasagna, with a green salad, and garlic bread	Grilled English Whiting Filets, served over cous cous with blue lake green beams, and whole wheat roll	Oven Baked Chicken with mashed potatoes & gravy, with a cabbage & mushroom medley and a biscuit
<u>15</u>	<u>17</u>	<u>19</u>
<b>HOLIDAY</b>	Chicken Cordon Bleu with scalloped potatoes, a vegetable medley, a salad, and bread	Grilled Salmon with carrots, Jasmine sticky rice, a spinach salad and a roll
<u>22</u>	<u>24</u>	<u>26</u>
Chicken Enchiladas with Spanish rice, pinto beans, cabbage, tomato and bell pepper salad salsa and a dinner roll	Penne Marinara with Veal Meatballs, a garden salad and garlic bread	Chicken and Mushroom Stroganoff served over wheat pasta with a garden salad, and dinner roll
	<b>Enjoy your lunch!</b>	