

NAME: _____

PHONE: _____

City of San Mateo
Department of Parks and Recreation Senior Services

MAY

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.

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>3</u>	<u>5</u>	<u>7</u>
Oven Baked Pork Roast with Mashed Potatoes & Gravy, Cabbage and Mushrooms Sauteed with a Biscuit	Grilled English Whiting Filets served over Cous Cous, with Blue Lake Green Beans and a Whole Wheat Roll	Panko Crusted Orange Chicken Thighs served over Brown Rice with Green Beans and a Salad
<u>10</u>	<u>12</u>	<u>14</u>
Grilled Alaskan Cod served over Brown Rice with Broccoli and Cauliflower and a Roll	Beef Brisket & Carrots, Celery, Potatoes, with a Green Salad with Reduced Burgundy Reduction Dressing	Chicken Parmesan served over Linguine with Zucchini and Carrots, with a Garden Salad and a Roll
<u>17</u>	<u>19</u>	<u>21</u>
Chicken Fajita served in a Rice Bowl with Corn and Peas, and a Garden Salad	Beef Raviolis, with a Caesar Salad, Mushrooms and Carrots with a Roll.	Grilled Salmon served over Jasmine Sticky Rice with Carrots, a Garden Salad and Roll
<u>24</u>	<u>26</u>	<u>28</u>
Penne Marinara with Veal Meatballs served with a Garden Salad and a Roll.	Baked Pork Loin Sauvignon served with Blanc Cream Sauce & Wheat Penne Pasta, Green Beans and Carrots & a Salad.	Lemon Pepper Chicken Quarter, Garlic Mashed Potatoes, Broccoli and Carrot with a Garden Salad.