

NAME: _____

PHONE: _____

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

September

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 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.

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>2</u>
	Oven Roasted Chicken Quarter, Garlic Mashed Potatoes, Broccoli & Carrots, Salad, Roll & Fruit
<u>7</u>	<u>9</u>
Baked Garlic Chicken, Whole Grain Penne Pasta, Steamed Squash & Carrots, Caesar Salad, Roll & Dessert	Vegetarian Lasagna, Broccoli & Carrots, Salad, Wheat Garlic Bread & Fruit
<u>14</u>	<u>16</u>
Beef Tortellini & Pesto Primavera, Veggies, Feta & Pepper Salad, Garlic Wheat Bread, Fruit	Lemon Herb Rock Fish, Brown rice, Napa Cabbage & Bell Peppers, Salad, Roll & Fruit
<u>21</u>	<u>23</u>
Baked Pork Loin Sauvignon Blanc Cream Sauce, Wheat Penne Pasta, Green Beans & Carrots, Roll & Fruit	BBQ Chicken, Coleslaw, Baked Beans, Corn & Peas, Roll & Fruit
<u>28</u>	<u>30</u>
Penne Marinara & Veal Meatballs, Garden Salad, Garlic Bread, Fruit	Chicken Pot Pie with celery & Carrots, Caesar Salad, Roll & Fruit