

NAME: _____

PHONE: _____

CITY OF RESIDENCE: _____

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

October

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>5</u>	<u>7</u>
Oven Roasted Chicken Quarter, Garlic Mashed Potatoes, Broccoli & Carrots, Salad, Roll & Fruit	Veal Ravioli w/Pesto, Baked Lemon Chicken in Cream Sauce, Zucchini & Squash, Salad, Roll & Fruit
<u>12</u>	<u>14</u>
Extra Lean Ground Beef, Bacon & Cheddar Meatloaf, Mashed Potatoes & Gravy, Green Beans, Salad, Roll & Fruit	Charbroiled Chicken, Mashed Potatoes & Gravy, Coleslaw & Corn, Roll & Fruit
<u>19</u>	<u>21</u>
Chicken Marsala, Angel Hair Pasta, Garden Salad, Broccoli & Carrots, Roll & Fruit	New England Clam Chowder, Caesar Salad, Roll & Fruit
<u>26</u>	<u>28</u>
Baked Salmon w/Lemon Caper Sauce, Risotto, Green Beans, Salad, Roll & Fruit	Grilled Pork Loin, Mashed Potatoes, Zucchini, Succotash, Roll & Fruit