

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 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>1</u>
		Merlot Glazed Pork Loin, Wheat Pasta, Veggies, Salad, Roll & Dessert
<u>4</u>	<u>6</u>	<u>8</u>
Smoked Brisket, Cabbage & Brussel Sprout Salad, Baked Beans, Roll & Dessert	Grilled Hamburger Steak, Scalloped Potatoes, Spinach Salad, Peas & Carrots, Roll & Dessert	Fish & Chips, Coleslaw, Fresh Fruit Salad, Tartar Sauce, Cocktail Sauce, Roll & Dessert
<u>11</u>	<u>13</u>	<u>15</u>
Rock Fish Vera Cruz in Salsa Verde Sauce, Spanish Rice, Green Beans, Salad, Roll & Dessert	Oktoberfest Bratwurst, German Potato Salad, Applesauce, Green Salad, Roll & Dessert	Linguini Marinara & Meatballs, Garden Salad, Zucchini & Mushroom Medley, Roll & Dessert
<u>18</u>	<u>20</u>	<u>22</u>
Grilled Cod, Israeli Cous Cous, Green Beans, Salad, Roll & Dessert	Garlic Shrimp Sauté, Jasmine Rice, Sesame Ginger Salad, Napa Cabbage & Carrots, Roll & Dessert	Ground Beef Kabobs w/Mint Aioli, Rice Pilaf, Garden Salad, Zucchini & Squash, Roll & Dessert
<u>25</u>	<u>27</u>	<u>29</u>
Homemade Chicken Enchiladas, Spanish Rice & Black Beans, Cabbage Salad, Sautéed Peppers & Onions, Roll & Dessert	Chicken Fried Steak, Roasted Potatoes, Country Gravy, Salad, Roasted Garlic Broccoli, Roll & Dessert	Ground Chicken Burger w/Blue Cheese & Chives, Spinach Salad, Roll & Dessert