

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

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

CITY OF RESIDENCE: \_\_\_\_\_

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

**November**

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>	<u>3</u>	<u>5</u>
Oven Baked Chicken Mashed Potatoes & Gravy, Cabbage, and Mushroom Sauté	Grilled Rock Fish Filets, served over Cous Cous, Blue Lake Green Beans, & a Whole Wheat Roll	Shrimp Linguine Al Rustic, Shrimp served over Linguine with Mushrooms, Tomatoes & Pesto Cream Sauce.
8	10	12
Ground Beef Lasagna served with Green Beans, Garlic Bread, and a Green Salad	Meatball Stroganoff over Wheat Pasta, Mushrooms and Carrots Medley, with a Green Salad	Large New England Clam Chowder with a Caesar Salad and Roll
15	17	19
Almond Crusted Orange Chicken served over Brown Rice with Green Beans and a Green Salad	Bake Pork Loin Sauvignon served with Blanc Cream Sauce and Wheat Penne Pasta, Green Beans and Carrots and a Green Salad	BBQ Chicken, Coleslaw, Baked Beans and Sautéed Corn & Peas with a Green Salad
22	24	26
Meatloaf with Mashed Potatoes and creamy Gravy, Green Beans & Mushrooms, and a Green Salad	Honey Baked Ham, Cheesy Scalloped Potatoes, with Corn & Pea Medley and a Spring Salad	<b>Day after Thanksgiving No Lunch</b>
29		
Chicken and Mushroom Stroganoff served over Wheat Pasta, Green Beans and Carrots with Dinner Roll and Green Salad		