

NAME: _____

PHONE: _____

CITY OF RESIDENCE: _____

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

January 2022

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>4</u>	<u>6</u>
Ricotta Ravioli Primavera Zucchini/ Squash with Feta, Pepper and Kidney Bean Salad with Garlic Wheat Bread	Grilled Turkey Burgers w/lettuce & Onions, Steak Fries, and a Garden-Fresh Salad
<u>11</u>	<u>13</u>
Chicken Enchiladas Spanish Rice, Pinto Beans, Cabbage & Tomato and Bell Pepper Salad	Florentine Vegetarian Lasagna, Bean Salad, Squash Medley
<u>18</u>	<u>20</u>
BBQ Pork Ribs, Coleslaw, Baked Beans, Wheat Rolls Sauteed Corn & Peas	Grilled Salmon, Carrots and Jasmine Sticky Rice Spinach Salad
<u>25</u>	<u>27</u>
Baked Salmon Tuscan Cream Caper Sauce Style Whole Grain Penne Pasta Steamed Squash & Carrots, and a Caesar Salad,	Lemon Pepper Chicken Quarter, Garlic Potato Mash Broccoli & Carrots, with a Roll