

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

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

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

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

**JULY 2022**

**Circle** the days you would like to pick up or stay in and eat at this location, fill in your name, City 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**.

This form does NOT guarantee reservations. Patrons may be placed on a waitlist.

*Meals are subject to change.*

**Cost: \$7.00** 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>
		Pesto Shrimp Linguine Shrimp served over linguine w/ mushrooms, tomatoes, fresh basil and broccoli with pesto sauce, salad, dinner roll and dessert
<u>4</u>	<u>6</u>	<u>8</u>
<b>Happy 4<sup>th</sup> of July The Center is Closed</b>	BBQ Pork Ribs with baked beans and coleslaw and sauteed corn and peas Wheat roll and dessert	Dry Rubbed Oven Roasted Chicken Quarter with Mashed Potatoes, Gravy Coleslaw & dessert
<u>11</u>	<u>13</u>	<u>15</u>
Almond Crusted Orange Glazed Chicken (thighs) with brown rice, green beans and carrots Salad, roll, and dessert	Garlic Chicken Fettuccine with green beans and squash medley Caesar salad, roll, & dessert	Hamburger Steak Platter served over brown rice pilaf & reduced demi glaze Cauliflower, broccoli, roll & dessert
<u>18</u>	<u>20</u>	<u>22</u>
Chicken Fried Steak with country gravy, mashed potatoes, brussel sprouts and red peppers, Garden salad, roll, and dessert	Baked English Whiting served over Cous Cous, blue lake green beans, whole wheat roll, salad and dessert	Chicken Marsala with brown rice and lima beans, corn, peas, wheat roll, salad and dessert
<u>25</u>	<u>27</u>	<u>29</u>
Baked Striped Catfish with Lemon Caper Sauce, rice pilaf, green beans, dinner roll and dessert	Beef Stroganoff over Pasta Mushroom and carrot medley Salad, roll, and dessert	Beef Raviolis Ragu Served with Sautéed Argula, Spinach and Carrots & parmesan cheese Wheat bread, salad, & dessert