

NAME: _____

PHONE: _____

CITY OF RESIDENCE: _____

City of San Mateo
Department of Parks and Recreation Senior Services

JULY 2022

DRIVE-UP GRAB 'N GO

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

King Community Center - GRAB and GO 725 Monte Diablo, San Mateo, CA 94401

<u>TUESDAY</u>	<u>THURSDAY</u>
5	7
Salmon Al Penne with light marinara sauce with broccoli and mushrooms Garden salad, roll, dessert	Meat Lasagna with bok choy and carrots Salad, garlic bread and fruit
12	14
Italian Meatloaf over Polenta mushrooms and green beans with a dinner roll and dessert	Salmon Rice Bowl with brown rice, zucchini medley and a salsa cream sauce Dinner Roll and Dessert
19	21
Chicken and Mushroom Stroganoff served over wheat pasta with vegetables, dinner roll, a salad and fruit	Pulled Pork and Mushroom Rice Bowl with sweet peppers, squash medley and onions, topped with shaved parmesan Salad and fruit
26	28
Pork Ribs with scalloped potatoes, carrots and mushrooms Garden salad, roll and fruit	Chicken Provolone Bake Alfredo Sauce served over wheat penne pasta with green beans, bread & dessert