

NAME: _____

PHONE: _____

CITY OF RESIDENCE: _____

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

AUGUST 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>	<u>3</u>	<u>5</u>
Housemade Chicken Enchiladas with Spanish Rice and Black Beans, Cabbage Salad, Sauteed Peppers and Onions, Dessert	Beef Stew with Carrots, Celery, Potatoes and reduced burgundy reduction, Salad and a Wheat Roll Dessert	Shrimp over Wheat Pasta Scampi with Mushrooms, Tomatoes, and Chopped Spinach salad and a roll Dessert
<u>8</u>	<u>10</u>	<u>12</u>
Lamb Shank Pasta Ragu with Sautee Veggies, Water Chestnuts, Sprouts and Shaved Carrots Salad, Roll, and Dessert	Baked Chicken Quarters served over Brown Rice Pilaf with a reduced demi Veggies, Salad, and Fruit	Pasta Puttanesca with Chicken, Tomatoes, Olive Oil, Capers, Garlic Served over Wheat Pasta and Squash Medley Salad, Bread and Dessert
<u>15</u>	<u>17</u>	<u>19</u>
Spaghetti and Jumbo Meatballs Cauliflower and Carrots Green Salad, Roll and Dessert	Salmon and Mushroom Rice Bowl with Sweet Peppers and Onions, Lemon Butter Sauce Salad, Bread and Fruit	Ground Beef Polenta Baked Lasagna with Marinara Sauce Squash Medley with Onions Salad, Bread and Dessert
<u>22</u>	<u>24</u>	<u>26</u>
Chicken Fajita Rice Bowl Peppers, Onions, Corn and Peas with Spanish Rice Bread, Salad and Dessert	Pesto Cheese Tortellini with Meatballs, Napa Cabbage, Carrots and Green Peppers, Salad and Fruit	Tahini Oregano Chicken with Brown Rice Broccoli and Peppers French Bread, Salad, and Dessert
<u>29</u>	<u>31</u>	
PICNIC ON THE PATIO Boxed Lunch Tuna Salad Sandwich with chips, potato salad, fruit and a cookie	Lemon Herbed Chicken over Wheat Pasta, Mushroom, carrot, and corn medley with garden salad, roll and dessert	Join us after Lunch on Fridays for a Movie! Movies Start at 1:00pm Registration Required

ATTENTION: In consideration of each other we are asking that if you test positive for COVID you refrain from program for 5days and continue to wear a mask.

Thank you for your understanding.