

NAME: _____

PHONE: _____

CITY OF RESIDENCE: _____

City of San Mateo
Department of Parks and Recreation Senior Services

AUGUST 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**.

This form does NOT guarantee reservations. *Meals are subject to change.*

\$5.00 suggested donation

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

<u>TUESDAY</u>	<u>THURSDAY</u>
<u>2</u>	<u>4</u>
Baked Alaskan Pollack with Lemon Caper Sauce, Rice Pilaf, Beans and Water Chestnuts, Roll & Fruit	Corned Beef and Cabbage with Carrots, Roasted Potatoes, Salad, Roll & Fruit
<u>9</u>	<u>11</u>
BBQ Pork Ribs, Coleslaw, Baked Beans, Salad with Cucumbers and Bell Peppers. Roll & Fruit	Meatloaf with Mashed Potatoes and Creamy Gravy, Green Beans and Mushrooms. Salad, Roll & Fruit.
<u>16</u>	<u>18</u>
Teriyaki Glazed Chicken over Brown Rice with a Veggie Sautee. Salad, wheat roll & fruit	Chicken Tamales with Salsa Verde, Spanish Brown Rice, Peppers and Onions and Wheat Tortilla, Salad & Fruit
<u>23</u>	<u>25</u>
TOFU TUESDAY Crispy Tofu and Cabbage Stir-Fry with a 3 Bean Salad, Roll & Fruit	Veracruz Style Salmon Sautee with Salsa Verde, Spanish Rice, Veggies, Taco Salad and Fruit
<u>30</u>	
Hamburger Steak Platter with Mashed Potatoes and Gravy. Salad, Roll & Fruit	

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.