The ornamental design for a garbage disposal strainer and splash guard, as shown and described.

**DESCRIPTION**

FIG. 1 is a perspective view of a garbage disposal strainer and splash guard.

FIG. 2 is a front elevational view thereof, the rear, left side, and right side elevational views being mirror images of the front view.

FIG. 3 is a top plan view thereof; and,

FIG. 4 is a bottom plan view thereof.

1 Claim, 2 Drawing Sheets
Fig. 1

Fig. 2