

February 2025

二月

EAT, CHAT, THRIVE LUNCH PROGRAM

SENIORS 55+

WRITE DOWN THE NUMBER
OF MEALS YOU WANT TO
REGISTER FOR TAKE OUT
AND/OR DINE-IN

MENU

TAKE OUT
外賣

DINE IN
堂食

10:45	11:30	MONDAY 星期一	3	SPAGHETTI AND MEATBALLS, GARLIC BREAD, SALAD. 肉丸醬汁意粉, 蒜蓉包, 沙律。
10:45	11:30	TUESDAY 星期二	4	PORK LOIN CHOP W SAGE STUFFING & GRAVY, MIXED RICE & GRAINS, VEGETABLES. 香草醬汁豬柳扒, 麥米飯, 菜。
10:45	11:30	THURSDAY 星期四	6	BAKED RED SNAPPER W GINGER GARLIC SAUCE, RICE, VEGETABLES. 薑, 蒜蓉汁焗紅斑魚柳, 飯, 菜。
10:45	11:30	FRIDAY 星期五	7	CURRY BEEF BRISKET W KABOCHA SQUASH, RICE, VEGETABLES. 南瓜咖喱牛腩, 飯, 菜。
10:45	11:30	MONDAY 星期一	10	OLD FASHIONED SALMON LOAF W CELERY SAUCE, EGG NOODLES, VEGETABLES. 西芹汁焗三文魚卷, 蛋麵, 菜。
10:45	11:30	TUESDAY 星期二	11	GREEK ROASTED CHICKEN, ORZO & RICE, CUCUMBER FETA SALAD. 希臘式焗雞, 米型麵, 青瓜芝士沙律。
10:45	11:30	THURSDAY 星期四	13	CHINESE STYLE BBQ PORK RIBS, RICE, VEGETABLES. 中式燒排骨, 飯, 菜。
10:45	11:30	FRIDAY 星期五	14	VALENTINES DAY- BACON WRAPPED CHICKEN BREAST MEDALLION, POTATO, VEGETABLES. 情人節-煙肉圓形無骨雞扒, 薯仔, 菜。
10:45	11:30	MONDAY 星期一	17	CLOSED FOR BC FAMILY DAY 家庭日休息
10:45	11:30	TUESDAY 星期二	18	BAKED RED SNAPPER W FRUIT SALSA, COCONUT RICE, VEGETABLES. 菓醬汁焗紅斑魚柳, 椰汁飯, 菜。
10:45	11:30	THURSDAY 星期四	20	FRENCH PORK STEW "PROVENCAL " W TOMATO, POTATO & ORANGES, CRUSTY BREAD & SALAD. 法式普羅旺斯燉豬肉, 蕃茄, 香橙薯仔, 硬皮麵包, 沙律。
10:45	11:30	FRIDAY 星期五	21	PAN FRIED PRAWNS W ONIONS ON RICE, CREAM SAUCE, VEGETABLES. 白汁洋蔥煎大蝦, 飯, 菜。
10:45	11:30	MONDAY 星期一	24	BEEF LIVER OR VEAL CUTLET WITH BACON, ONIONS & GRAVY, MIXED RICE GRAINS, VEGETABLES. 烤焗牛肝或吉列牛仔肉, 煙肉, 洋蔥醬汁, 麥米飯, 菜。
10:45	11:30	TUESDAY 星期二	25	HOUSEMADE BEEFSTEAK W MUSHROOM SAUCE, POTATO, VEGETABLES. 自家製碎牛肉漢堡扒, 蘑菇汁, 薯仔, 菜。
10:45	11:30	THURSDAY 星期四	27	GRILLED CHICKEN BREAST WITH HONEY ORANGE SAUCE, EGG NOODLES W SEASAME SEED SAUCE, VEGETABLES 香橙蜜汁煎雞胸, 芝麻醬撈蛋麵, 菜。
10:45	11:30	FRIDAY 星期五	28	BREADED SOLE WITH BASIL CREAM SAUCE, ROASTED POTATOES, VEGETABLES. 香草白汁焗魚柳, 烤焗薯仔, 菜。

CLOSED

Eat, Chat, Thrive

LUNCH PROGRAM 55+

MONDAY – TUESDAY – THURSDAY – FRIDAY

Take Out

- PICK UP AT 10:45AM
- MAX: 40 LUNCHES
- MAX 2 ORDERS PER RECEIPT
- INCLUDES ENTRÉE, DESSERT, & JUICE

Dine In

NEW

- PAYMENT TAKEN AS EARLY AS 11:15AM
- SERVING LUNCH WILL BEGIN AT 11:30AM
- MAX 70 LUNCHES
- MAX 2 ORDERS PER RECEIPT
- INCLUDES ENTRÉE, DESSERT, & COFFEE, TEA OR JUICE
- PATRONS WILL BE INVITED TO LINE UP FOR LUNCH IN ORDER OF THEIR ASSIGNED NUMBER, WHICH IS BASED ON THE CHECK IN TIME AT THE SENIORS RECEPTION DESK. KINDLY WAIT UNTIL YOUR NUMBER IS CALLED BY STAFF BEFORE LINING UP.

Drop In

- 20 GUARANTEED FIRST COME FIRST SERVE DROP-IN SPOTS AVAILABLE AFTER 11:45AM.
- PAYMENT WILL BE TAKEN AFTER 11:45AM
- 1 DROP IN ORDER PER CUSTOMER (IN-PERSON ONLY)
- SHOULD THERE BE EXCESS FOOD, MORE DROP-IN MEALS MAY BE MADE AVAILABLE FOR PURCHASE

PROGRAM DETAILS & REFUND POLICY

- 10 LUNCH PASS VISITS = \$85.50 + GST | 1 LUNCH = \$8.55 + GST
- USE KEYWORD "KILLARNEY EATS" WHEN REGISTERING ONLINE
- REFUNDS FOR LUNCH RESERVATIONS ARE AVAILABLE UNTIL 5:00PM ON THE DAY BEFORE THE SCHEDULED LUNCH. REQUESTS MADE AFTER THIS DEADLINE WILL NOT BE ELIGIBLE FOR A REFUND.

REGISTRATION OPEN:

JANUARY 21

REGISTER NOW >



BY PHONE

604-718-8201



IN PERSON

6260 KILLARNEY STREET,
VANCOUVER, BC



ONLINE

[HTTP://WWW.VANREC.CA](http://www.vanrec.ca)



ALL 10 VISIT LUNCH PASSES PRIOR TO MARCH 2020 WILL BE HONOURED.