

# MAY 2025

# Eat, Chat, Thrive

## 五月長者中心餐單

## Lunch Program

Seniors 55+

### Menu

Take Out  
外賣

Dine In  
堂食

Take Out 外賣	Dine In 堂食	Day	Item	Description
10:45	11:30	Thursday 星期四	1	German-style breaded pork schnitzel with mushroom gravy, potato, salad. 德國式吉列豬柳, 蘑菇汁, 薯仔, 沙律
10:45	11:30	Friday 星期五	2	Vietnamese- style lemongrass chicken leg, egg noodles with sesame seed sauce, vegetables. 越南式香茅燒雞腿, 芝麻醬撈麵, 菜。
10:45	11:30	Monday 星期一	5	Polish roasted kielbasa, perogies with onions and sour cream, vegetables. 焗波蘭式香腸, 餃子, 洋蔥, 酸乳酪, 菜。
10:45	11:30	Tuesday 星期二	6	Killarney's signature meatballs, spaghetti & marinara sauce, salad, garlic bread. 長者中心招牌肉丸茄醬意粉, 沙律, 蒜蓉包。
10:45	11:30	Thursday 星期四	8	Baked Snapper with coconut milk & Thai basil, rice, vegetables. 泰式椰汁香草焗紅斑魚柳, 飯, 菜。
10:45	11:30	Friday 星期五	9	Billy's honey char- siu (bbq pork), rice, vegetables. 標哥蜜汁叉燒, 飯, 菜。
10:45	11:30	Monday 星期一	12	Mother's Day-Seafood & spring vegetable quiche, salad. 母親節- 烤焗海鮮雜菜乳蛋派, 沙律。
10:45	11:30	Tuesday 星期二	13	Homemade breaded chicken cordon bleu (stuffed w ham & cheese), potato, vegetables. 自制烤焗火腿芝士鑲雞胸肉, 薯仔, 菜。
10:45	11:30	Thursday 星期四	15	Cuban beef picadillo with tomato, olives, raisins & spices, rice & beans, vegetables. 古巴式美食, 內有碎牛肉, 茄子, 橄欖, 提子乾香料, 另配飯和豆, 菜。
10:45	11:30	Friday 星期五	16	Asian-style pork chop with fresh tomato & onion sauce, rice, vegetables. 中式鮮茄洋蔥汁豬扒, 飯, 菜。
10:45	11:30	Monday 星期一	19	<b>CLOSED</b> Closed for Victoria Day. 維多利亞日休息。
10:45	11:30	Tuesday 星期二	20	British Fare-Classic banger (artisan pork dinner sausage) and leek mashed potatoes, mushy peas. 傳統英式豬肉香腸, 蒜香薯蓉, 粒粒豆蓉。
10:45	11:30	Thursday 星期四	22	Breaded Sole with sweet & sour pineapple sauce, rice, vegetables. 菠蘿甜酸汁吉列魚柳, 飯, 菜。
10:45	11:30	Friday 星期五	23	Asian-style steamed chicken with Chinese sausage & mushrooms, rice, vegetables. 冬菇雲耳臘腸蒸雞, 飯, 菜。
10:45	11:30	Monday 星期一	26	Beef Liver or Turkey cutlet with bacon, onions & gravy, egg noodles, vegetables. 烤焗牛肝或吉列火雞扒, 煙肉, 洋蔥, 醬汁, 蛋麵, 菜。
10:45	11:30	Tuesday 星期二	27	Brunch- Egg Benedict with ham & hollandaise, roast veggies, fruit & coffee cake. 早午餐式火腿班尼迪克蛋, 蛋黃醬, 菜, 生菓, 咖啡味蛋糕。
10:45	11:30	Thursday 星期四	29	Korean- style grilled pork Bulgogi, Korean noodles, vegetables. 韓國式豬肉鐵板燒, 韓國麵, 菜。
10:45	11:30	Friday 星期五	30	Curried Prawns (mild) with onions & sweet peppers, rice, vegetables. 洋蔥甜椒咖哩汁煎蝦, 飯, 菜。



# LUNCH PROGRAM 55+ EAT, CHAT, THRIVE

MONDAY - TUESDAY - THURSDAY - FRIDAY

## TAKE OUT

- Pick up at 10:45am
- Max: 40 lunches
- Max 2 orders per receipt per lunch
- Includes entrée, dessert, & juice

## DINE IN

- Payment taken as early as 11:15am
- Serving lunch will begin at 11:30am
- Max 70 lunches
- Max 2 orders per receipt per lunch
- 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 Opens:  
April 22

[REGISTER NOW >](#)



By Phone

604-718-8201



In Person

6260 Killarney Street,  
Vancouver, BC



Online

<http://www.vanrec.ca>



All 10 visit lunch passes prior to March 2020 will be honoured.