

JULY 2025

EAT, CHAT, THRIVE LUNCH PROGRAM

七月長者中心餐單

Menu

Seniors 55+

Take Out Dine In

外賣	堂食			
10:45	11:30	Tuesday 星期二	1	Closed for Canada Day 加拿大國慶日休息
10:45	11:30	Thursday 星期二	3	Warm pulled pork with Smokey bbq sauce & coleslaw on brioche, potato chips, vegetables. 法式麵包夾BBQ汁豬肉絲, 薯片, 菜。
10:45	11:30	Friday 星期五	4	Grilled Prawns with cream sauce on rice, vegetables. 白汁煎蝦, 飯, 菜。
10:45	11:30	Monday 星期一	7	Beef cabbage roll, potato perogies with sour cream, fried onions & pork kielbasa, vegetables. 碎牛肉椰菜卷, 西式薯蓉餃子, 洋蔥, 波蘭豬肉香腸, 菜。
10:45	11:30	Tuesday 星期二	8	Killarney's signature meatballs, spaghetti & marinara sauce, salad, garlic bread. 長者中心招牌肉丸醬汁意粉, 沙律, 蒜蓉包
10:45	11:30	Thursday 星期四	10	Cobb salad: turkey breast, bacon, egg, blue cheese, salad greens & summer vegetables. 火雞肉, 煙肉, 蛋, 芝士夏日雜菜沙律。
10:45	11:30	Friday 星期五	11	Breaded Sole with Asian-style creamed corn sauce, rice, vegetables. 烤焗吉列魚柳, 玉米忌瀦汁, 飯, 菜。
10:45	11:30	Monday 星期一	14	Turkey schnitzel with gravy, potatoes, vegetables. 烤焗吉列火雞肉扒, 醬汁, 薯仔, 菜。
10:45	11:30	Tuesday 星期二	15	Breaded chicken stuffed with broccoli & cheese, egg noodles, vegetables. 百加利芝士釀雞肉, 蛋麵, 菜。
10:45	11:30	Thursday 星期四	17	Asian style grilled pork chop with fresh tomato and onion sauce, rice vegetables. 中式豬扒, 鮮茄洋蔥汁, 飯, 菜。
10:45	11:30	Friday 星期五	18	Teriyaki chicken breast, baked sushi rice, vegetables. 日式照燒雞胸肉, 焗壽司飯, 菜。
10:45	11:30	Monday 星期一	21	Parmesan crusted Salmon, mixed grains & rice, vegetables. 焗烤巴馬臣芝士三文魚, 麥米飯, 菜。
10:45	11:30	Tuesday 星期二	22	Veal cutlet with mushroom gravy, roasted potatoes, vegetables. 吉列牛仔肉, 蘑菇醬汁, 薯仔, 菜。
10:45	11:30	Thursday 星期四	24	Chinese style BBQ chicken, egg noodles with sesame seed sauce, vegetables. 中式燒雞, 芝麻醬撈麵, 菜。
10:45	11:30	Friday 星期五	25	Steamed Hakefish with ginger, garlic and black bean sauce, rice, vegetables. 薑, 蒜蓉, 豆豉蒸魚柳, 飯, 菜。
10:45	11:30	Monday 星期一	28	Bacon, roasted garlic, tomato & basil pesto quiche, salad. 煙肉, 香蒜, 茄子, 香草青醬焗乳蛋派, 沙律。
10:45	11:30	Tuesday 星期二	29	Beef Liver or turkey cutlet with bacon, fried onions & gravy, baked potato, vegetables. 烤焗牛肝或吉列火雞肉扒, 煙肉, 洋蔥醬汁, 焗薯仔, 菜。
10:45	11:30	Thursday 星期四	31	Warm roast beef dip au jus on herbed focaccia, summer salad. 法式麵包夾暖牛肉點醬汁, 夏日沙律。

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 box

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.

June 24

[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.