

OCTOBER 2025 EAT, CHAT, THRIVE

LUNCH PROGRAM

十月長者中心菜單

MENU

SENIORS 55+

TAKE OUT DINE IN

外賣	堂食			
10:45	11:30	THURSDAY 星期四	2	MOON FESTIVAL: CHINESE-STYLE BBQ CHICKEN LEG, RICE, VEGETABLES. 中秋節：中式燒雞腿，飯，菜。甜品：水晶豆沙月餅。
10:45	11:30	FRIDAY 星期五	3	LEMONGRASS PORK CHOP, EGG NOODLES, ASIAN SALAD. 香茅豬扒，蛋麵，菜。
10:45	11:30	MONDAY 星期一	6	PARMESAN CRUSTED SALMON, BARLEY PILAF, VEGETABLES. 巴馬臣芝士焗三文魚，薏米飯，菜。
10:45	11:30	TUESDAY 星期二	7	KILLARNEY'S GROUND BEEFSTEAK WITH MUSHROOM GRAVY, POTATO, VEGETABLES. 中心招牌漢堡扒，蘑菇醬汁，薯仔，菜。
10:45	11:30	THURSDAY 星期四	9	STEAMED SNAPPER WITH GINGER GARLIC BLACK BEAN SAUCE, RICE, VEGETABLES. 薑，蒜蓉，豆豉蒸魚柳，飯，菜。
10:45	11:30	FRIDAY 星期五	10	CRISPY GERMAN-STYLE PORK SCHNITZEL WITH GRAVY, POTATO, VEGETABLES. 德國式吉列豬扒，醬汁，薯仔，菜。
10:45	11:30	MONDAY 星期一	13	CLOSED FOR THANKSGIVING. 感恩節休息
10:45	11:30	TUESDAY 星期二	14	BEEF LIVER OR TURKEY CUTLET WITH GRAVY, BACON & ONIONS, EGG NOODLES, VEGETABLES. 煎焗牛肝或者吉列火雞扒，醬汁，煙肉，洋蔥，蛋麵，菜。
10:45	11:30	THURSDAY 星期四	16	SMOKEY MEAT & BEAN CHILI (MILD), CORNBREAD, SALAD. 煙肉辣味豆（小辣），玉米麵包，沙律。
10:45	11:30	FRIDAY 星期五	17	SHRIMP IN SAVOURY CREOLE SAUCE, GREEN RICE, VEGETABLES. 西式茄醬蝦，波菜飯，菜。
10:45	11:30	MONDAY 星期一	20	MEATY CABBAGE ROLL, KIELBASA & PEROGIES, VEGETABLES. 碎肉椰菜卷，波蘭香腸和餃子，菜。
10:45	11:30	TUESDAY 星期二	21	DIWALI: TANDOORI SPICED (MILD) CHICKEN WITH YOGURT SAUCE, RICE, VEGETABLES. 光明節：印度天多利香料雞（小辣），飯，菜。
10:45	11:30	THURSDAY 星期四	23	HEARTY FISH AND VEGETABLE STEW, SALAD, CIABATTA BREAD. 雜菜炆魚，沙律，拖鞋麵包。
10:45	11:30	FRIDAY 星期五	24	KOREAN-STYLE GRILLED PORK WITH KALBI SAUCE, STEAMED BAO BUNS, VEGETABLES. 韓國式豬肉鐵板燒，蒸夾包，菜。
10:45	11:30	MONDAY 星期一	27	VEAL CUTLET PARMESAN, SPAGHETTI & MARINARA SAUCE, SALAD, GARLIC BREAD. 巴馬臣芝士吉列牛仔肉，醬汁意粉，沙律，蒜蓉包。
10:45	11:30	TUESDAY 星期二	28	BACON, BASIL PESTO AND ROASTED VEGETABLE QUICHE, SALAD. 香草青醬煙肉雜菜派，沙律。
10:45	11:30	THURSDAY 星期四	30	SAGE ROASTED CHICKEN WITH GRAVY, POTATO, VEGETABLES. 香草焗雞，醬汁，薯仔，菜。
10:45	11:30	FRIDAY 星期五	31	BREADED SOLE WITH CURRY SAUCE (MILD), RICE, VEGETABLES. 咖喱汁吉列魚柳（小辣）飯，菜。

KILLARNEY SENIORS CENTRE 6260 KILLARNEY STREET, VANCOUVER, BC V5S 2X7
604-718-8201

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 = \$88.00 + GST | 1 LUNCH = \$8.80 + 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.

SEPTEMBER 23  BY PHONE

REGISTER NOW >

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.