

JANUARY 2026

一月長者中心餐單。

EAT, CHAT, THRIVE

LUNCH PROGRAM

Take Out Dine In

Menu

SENIORS 55+

外賣	堂食			
10:45	11:30	Monday 星期一	5	Beef cabbage roll, pork kielbasa, perogies, vegetables. 碎牛肉椰菜卷, 豬肉香腸, 波蘭餃子, 菜。
10:45	11:30	Tuesday 星期二	6	New Year: Hoppin' John w braised ham & blackeyed peas & greens, rice, cornbread. 新曆年: 美國南方傳統菜肴, (內有米飯, 黑眼豆和火腿) - 象征着好運和財富, 玉米麵包, 羽衣甘藍菜。
10:45	11:30	Thursday 星期四	8	Chicken Marbella w prunes, olives & wine, potato, vegetables. 瑪貝拉燉雞, 是一道經典美國菜 (主要由雞肉橄欖酸豆西梅乾及紅酒等食材慢燉而成) 薯仔, 菜。
10:45	11:30	Friday 星期五	9	Curried shrimp (mild), rice, vegetables. 咖哩汁煎蝦 (小辣) 飯, 菜。
10:45	11:30	Monday 星期一	12	Beef Liver or Veal cutlet, bacon, gravy & onions, egg noodles, vegetables. 烤焗牛肝或吉列牛仔肉, 煙肉, 洋蔥醬汁, 蛋麵, 菜。
10:45	11:30	Tuesday 星期二	13	Hakefish w ginger garlic & black bean sauce, coconut rice, vegetables. 薑蒜蓉鼓汁蒸魚柳, 椰汁飯, 菜。
10:45	11:30	Thursday 星期四	15	Pork cutlet w sweet & sour sauce, rice, vegetables. 甜酸汁吉列豬柳扒, 飯, 菜。
10:45	11:30	Friday 星期五	16	Japanese- style curried chicken (mild) w Kabocha squash, short grain rice, vegetables. 日式南瓜咖哩雞 (小辣) 短身米飯, 菜。
10:45	11:30	Monday 星期一	19	Salmon & roasted vegetable quiche, salad. 三文魚雜菜乳蛋派, 沙律。
10:45	11:30	Tuesday 星期二	20	Beef & potato shepherds pie, salad. 碎牛肉薯仔蓉派, 沙律。
10:45	11:30	Thursday 星期四	22	Thai Lemongrass chicken breast, potatoes, crispy rice salad. 泰式香茅煎雞胸, 薯仔, 脆米沙律。
10:45	11:30	Friday 星期五	23	Korean-style grilled pork w bulgogi sauce, rice, vegetables. 韓國式醬汁豬肉鉄板燒, 飯, 菜。
10:45	11:30	Monday 星期一	26	Turkey cutlet Parmigiana, spaghetti w marinara sauce, Caesar salad. 茄醬汁吉列火雞扒, 意粉, 凱撒沙律。
10:45	11:30	Tuesday 星期二	27	Killarney's ground beefsteak w mushroom gravy, potatoes, vegetables. 中心招牌漢堡扒, 蘑菇醬汁, 薯仔, 菜。
10:45	11:30	Thursday 星期四	29	Baked hakefish w cream sauce, potatoes, vegetables. 白汁焗魚柳, 薯仔, 菜。
10:45	11:30	Friday 星期五	30	Chinese style BBQ chicken, rice, vegetables. 中式燒雞腿, 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 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
- Drop ins can access seating once they have purchased a ticket.
- 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.

october 28

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.