

# FEBRUARY 2026

## 二月長者中心餐單.

# Eat, Chat, Thrive Lunch Program

Take Out Dine In

Menu

Seniors 55+

外賣	堂食			
10:45	11:30	Monday 星期一	2	Breaded chicken stuffed with broccoli & cheese, potato, vegetables. 焗芝士百加利釀雞胸, 薯仔, 菜。
10:45	11:30	Tuesday 星期二	3	Killarney's signature meatballs, spaghetti & marinara sauce, salad, garlic bread. 中心招牌午餐: 醬汁肉丸燴意粉, 沙律, 蒜蓉包。
10:45	11:30	Thursday 星期四	5	Shrimp in savoury Creole sauce, green rice, vegetables. 洋蔥茄子醬燴蝦, 菠菜飯, 菜。
10:45	11:30	Friday 星期五	6	Chinese-style pork chop with fresh tomato and onion sauce, rice, vegetables. 中式豬扒飯, 鮮茄洋蔥汁, 菜。
10:45	11:30	Monday 星期一	9	Hakefish with lemon & herbs, creamy Italian risotto, vegetables. 香草檸檬汁焗魚柳, 意大利飯, 菜。
10:45	11:30	Tuesday 星期二	10	Beef Liver or Veal Cutlet, bacon, gravy & onions, barley pilaf, vegetables. 烤焗牛肝或吉列牛仔肉, 煙肉, 洋蔥醬汁, 薏米飯, 菜。
10:45	11:30	Thursday 星期四	12	Warm roast beef dip au jus, potato chips, salad. 熱牛肉三文治, 汁, 薯片, 沙律。
10:45	11:30	Friday 星期五	13	Vietnamese style lemongrass chicken leg, egg noodles, Asian salad. 越南式香茅燒雞腿, 蛋麵, 中式沙律。
10:45	11:30	Monday 星期一	16	Closed for Family Day. 家庭日休息。
10:45	11:30	Tuesday 星期二	17	Sage roasted pork loin chop with stuffing & gravy, potato, vegetables. 香草醬汁焗豬柳扒, 薯仔, 菜。
10:45	11:30	Thursday 星期四	19	Maple & mustard baked steelhead salmon, mixed rice & grains, vegetables. 楓樹糖芥末烤三文魚, 麥米飯, 菜。
10:45	11:30	Friday 星期五	20	Chinese New Year: Bill's honey Char Siu (bbq pork), rice, Buddha's Delight (a variety of Chinese new year vegetables), sesame balls with red beans paste. 農曆新年: 蜜汁叉飯, 羅漢齋, 豆沙煎堆。
10:45	11:30	Monday 星期一	23	Veal Cutlet with onion gravy, baked potato & fixings, vegetables. 吉列牛仔肉, 洋蔥醬汁, 焗薯仔, 菜。
10:45	11:30	Tuesday 星期二	24	Bacon, basil pesto & roasted vegetable quiche, salad. 煙肉香草果青醬雜菜焗派, 沙律。
10:45	11:30	Thursday 星期四	26	Grilled chicken breast with honey orange sauce, egg noodles with sesame dressing, vegetables. 香橙蜜汁煎雞胸, 芝麻醬撈麵, 菜。
10:45	11:30	Friday 星期五	27	Breaded Sole with sweet & sour pineapple sauce, rice, vegetables. 菠蘿甜酸汁焗吉列魚柳, 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.

January 27

**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.