

MARCH 2026

三月長者中心餐單。

EAT, CHAT, THRIVE

LUNCH PROGRAM

Take Out 外賣	Dine In 堂食		Menu	SENIORS 55+
10:45	11:30	Monday 星期一	2 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	3 Layered turkey & pesto lasagna, salad. 火雞肉香蒜青醬焗闊條意粉, 沙律。	
10:45	11:30	Thursday 星期四	5 Red snapper with lemon and herbs, risotto, vegetables. 香草檸檬焗紅斑魚柳, 意大利燴飯, 菜。	
10:45	11:30	Friday 星期五	6 Bill's BBQ honey pork spareribs, rice, vegetables. 中式蜜汁燒排骨, 飯, 菜。	
10:45	11:30	Monday 星期一	9 Rosemary roast chicken, potato, vegetables. 香草焗雞, 薯仔, 菜。	
10:45	11:30	Tuesday 星期二	10 Ground beefsteak with red wine gravy, barley pilaf, vegetables. 紅酒醬汁煎漢堡扒, 意米飯, 菜。	
10:45	11:30	Thursday 星期四	12 Grilled shrimp with spring salad & honey/dill dressing, garlic bread. 煎蝦, 蜜汁香草沙律, 蒜蓉包。	
10:45	11:30	Friday 星期五	13 Vietnamese- style lemongrass pork chop, mild curried chow mein, vegetables. 越式香茅豬扒, 咖哩炒麵, 菜。	
10:45	11:30	Monday 星期一	16 Turkey cutlet parmigiana, spaghetti & marinara sauce, Caesar salad. 焗烤帕馬森吉列火雞扒, 茄醬意粉, 凱撒沙律	
10:45	11:30	Tuesday 星期二	17 Springtime beef stew with vegetables & baby potatoes, salad, crusty bread. 薯仔雜菜燉牛肉, 沙律, 脆皮面包。	
10:45	11:30	Thursday 星期四	19 Japanese teriyaki chicken and onions, steamed bao buns, vegetables. 日式照燒雞鐵板燒, 蒸夾包, 菜。	
10:45	11:30	Friday 星期五	20 Hakefish filet with mozzarella & mayonnaise sauce, potatoes, vegetables. 芝士蛋黃醬焗白魚魚柳, 薯仔, 菜。	
10:45	11:30	Monday 星期一	23 Beef Liver or Turkey cutlet, gravy, bacon & onions, egg noodles, vegetables. 烤燉牛肝或吉列火雞扒, 醬汁, 煙肉, 洋蔥, 蛋麵, 菜。	
10:45	11:30	Tuesday 星期二	24 Chicken enchiladas with tomatillo sauce, Mexican beans, salad. 墨西哥安吉拉雞肉捲餅, 茄醬, 墨西哥豆, 沙律。	
10:45	11:30	Thursday 星期四	26 Curry (mild) beef brisket with Kabocha squash, rice, vegetables. 南瓜咖哩燉牛腩 (小辣) 飯, 菜。	
10:45	11:30	Friday 星期五	27 Baked Pork Cutlet with pineapple, onion & sweet peppers sauce, rice, vegetables. 波蘿, 洋蔥, 甜椒汁焗吉列豬扒, 飯, 菜	
10:45	11:30	Monday 星期一	30 Baked snapper with ginger, garlic & black bean sauce, coconut rice, vegetables. 薑, 蒜蓉鼓汁焗魚柳, 椰汁飯, 菜。	
10:45	11:30	Tuesday 星期二	31 Roast chicken & Turkey pot pie, mixed greens. 雞肉和火雞肉雜菜派, 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
- 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.

February 24

By Phone

In Person

Online

REGISTER NOW >

604-718-8201

6260 Killarney Street,
Vancouver, BC

<http://www.vanrec.ca>



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