

# June 2026

## 長者中心六月餐單

# Eat, Chat, Thrive Lunch

## Program

## Seniors 55+

Take Out 外賣	Dine In 堂食			
10:45	11:30	Monday 星期一	<b>1</b>	Breaded sole w lemon sauce, mixed rice & grains, vegetables 香檸汁焗吉列魚柳, 麥米飯, 菜。
10:45	11:30	Tuesday 星期二	<b>2</b>	Quiche w ham, bacon, pesto & roasted spring vegetables, salad 火腿煙肉雜菜焗乳蛋派, 沙律。
10:45	11:30	Thursday 星期四	<b>4</b>	Japanese-style teriyaki chicken breast, baked sushi rice, vegetables. 煎焗日式照燒雞胸, 焗壽司飯, 菜。
10:45	11:30	Friday 星期五	<b>5</b>	Closed for Seniors Week event – The Killarney Bandstand 長者週-中心音樂演奏台活動, 餐房休息。
10:45	11:30	Monday 星期一	<b>8</b>	Sage roasted pork loin chop w cranberry sauce & gravy, egg noodles, vegetables 香草焗豬柳扒, 紅梅醬汁, 蛋麵, 菜。
10:45	11:30	Tuesday 星期二	<b>9</b>	Baked hake fish w Spanish romesco sauce (tomatoes, red peppers, almonds and breadcrumbs), turmeric rice, vegetables. 西班牙式紅椒堅果醬焗白魚魚柳, 黃薑飯, 菜。
10:45	11:30	Thursday 星期四	<b>11</b>	Filipino cuisine – Chicken adobo, garlic rice, vegetables 菲律賓風味醋烹雞, 蒜蓉飯, 菜。
10:45	11:30	Friday 星期五	<b>12</b>	Grilled shrimp, pork fried rice, vegetables 煎蝦, 叉燒粒炒飯, 菜。
10:45	11:30	Monday 星期一	<b>15</b>	Pork kielbasa, beefy cabbage roll, perogies, vegetables 豬肉香腸, 碎牛肉椰菜卷, 波蘭餃子, 菜。
10:45	11:30	Tuesday 星期二	<b>16</b>	Killarney’s signature meatballs (pork & beef), spaghetti w marinara sauce, Caesar salad. 長者中心招牌肉丸 (牛+豬) 茄醬汁燴意粉, 凱撒沙律。
10:45	11:30	Thursday 星期四	<b>18</b>	Baked red snapper w cream sauce, potato, vegetables. 白汁焗紅斑魚柳, 薯仔, 菜。
10:45	11:30	Friday 星期五	<b>19</b>	Fathers Day - Bill’s char siu (bbq pork) w steamed bao buns, Asian salad 父親節- 蜜汁焗叉燒, 蒸夾包, 中式沙律。
10:45	11:30	Monday 星期一	<b>22</b>	Breaded chicken breast stuffed w broccoli & cheese, potato, vegetables 百加利芝士釀雞胸, 薯仔, 菜。
10:45	11:30	Tuesday 星期二	<b>23</b>	Beef liver or veal cutlet w gravy, bacon & onions, egg noodles, vegetables 醬汁烤焗牛肝或吉列牛仔肉, 煙肉, 洋蔥, 蛋麵, 菜。
10:45	11:30	Thursday 星期四	<b>25</b>	Natl Indigenous Peoples celebration – Maple roasted salmon, fry bread w spiced berry sauce, rice & grains, vegetables. 國際原住民日-楓樹糖烤三文魚, 炸面包, 麥米飯, 菜。
10:45	11:30	Friday 星期五	<b>26</b>	Vietnamese-style lemongrass pork chop, rice, vegetables 越式香茅豬扒, 飯, 菜。
10:45	11:30	Monday 星期一	<b>29</b>	Baked snapper w herbs & lemon, Italian risotto, vegetables. 香草檸檬焗紅斑魚柳, 意大利燴飯, 菜。
10:45	11:30	Tuesday 星期二	<b>30</b>	Picnic fare - Tangy bbq chicken, mom’s potato salad, vegetables 柑果汁西式烤雞, 自制薯仔沙律, 菜。



Please respect all staff when participating in the Lunch Program.  
Disrespectful behaviour may result in loss of lunch program privileges.

# Lunch Program 55+

## Eat, Chat, Thrive

Monday - Tuesday - Thursday - Friday

### Take Out (Max 40 Lunches)

- Pick up at 10:45am
- Max 2 orders per receipt per lunch
- Includes entrée, dessert, & juice box

### Dine In (Max 70 Lunches)

- 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.
- Please do not reserve seats in the dining hall for others.

### Drop In (20 Guaranteed, more may become available)

- 20 guaranteed first come first serve drop-in spots available after 11:45am.
- Please do not reserve spots in line for others.
- 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
- If you have already had a meal as a dine in/ take out/ or Drop in, we ask you to please wait until 12:15PM before inquiring for a second meal.

### 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 only available until 5:00pm on the day before the scheduled lunch.

May 26

**REGISTER NOW >**

**By Phone**

(begins at 12pm)  
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.