

JULY 2026

長者中心七月餐單

EAT, CHAT, THRIVE LUNCH

PROGRAM

SENIORS 55+

Take Out 外賣	Dine In 堂食			
10:45	11:30	Thursday 星期四	2	Canada Day - Warm roast beef dip au jus on crusty bread, potato chips, summer salad 七月二日星期四。 加拿大日：熱醬汁焗牛肉夾麵包，薯片，夏日沙律。
10:45	11:30	Friday 星期五	3	Breaded sole with Asian-style creamed corn sauce, rice, vegetables 七月三日星期五。 玉米忌廉汁焗吉列魚柳，飯，菜。
10:45	11:30	Monday 星期一	6	CLOSED 休息
10:45	11:30	Tuesday 星期二	7	Quiche with ham, roasted broccoli & cheddar, salad. 火腿百加利芝士焗乳蛋派，沙律。
10:45	11:30	WEDNESDAY	8	Ground Beefsteak w onion Gravy, baked potato & fixings, with vegetables
10:45	11:30	Thursday 星期四	9	Bang bang chicken breast w sweet chili sauce (mild), curried chow mien (mild), Asian salad 泰式棒棒醬焗雞胸（不辣），咖哩炒麵（不辣），中式沙律。
10:45	11:30	Friday 星期五	10	Breaded turkey cutlet w mushroom sauce, potatoes, vegetables 焗吉列火雞扒，蘑菇醬汁，薯仔，菜。
10:45	11:30	Monday 星期一	13	Parmesan crusted Salmon, mixed grains and rice, vegetables. 焗巴馬臣芝士三文魚，麥米飯，菜。
10:45	11:30	Tuesday 星期二	14	Oregano roasted chicken w yoghurt sauce, Greek salad, soft pita bread 香草焗雞，乳酪醬汁，希臘沙律，口袋麵包。
10:45	11:30	Thursday 星期四	16	Asian-style pork chop w fresh tomato & onion sauce, rice, vegetables 中式豬扒，鮮茄洋葱汁，飯，菜。
10:45	11:30	Friday 星期五	17	Baked hakefish w mayo cheese sauce, potatoes, vegetables 芝士蛋黃醬焗白魚魚柳，薯仔，菜。
10:45	11:30	Monday 星期一	20	Veal cutlet parmigiana, spaghetti & marinara sauce, salad, garlic bread 吉列牛仔肉，茄醬汁意粉，沙律，蒜蓉包。
10:45	11:30	Tuesday 星期二	21	Cobb salad: roast turkey breast, bacon, egg, blue cheese, salad greens & summer vegetables, crusty bread. 公司沙律：內有火雞肉，煙肉，蛋，芝士，雜菜，脆麵包
10:45	11:30	Thursday 星期四	23	Grilled shrimp w cream sauce on hor fun (fresh rice noodles), vegetables 白玉盤龍（煎蝦河粉）菜。
10:45	11:30	Friday 星期五	24	Portuguese chicken w kabocha squash, rice, vegetables 南瓜葡汁焗雞（不辣），飯，菜。
10:45	11:30	Monday 星期一	27	Beef liver or turkey cutlet w gravy, bacon & onions, potatoes, vegetables. 烤焗牛肝或吉列火雞扒，醬汁，煙肉，洋葱，薯仔，菜。
10:45	11:30	Tuesday 星期二	28	Southern bbq pulled pork sandwich, potato chips, coleslaw 美式南方焗手撕豬肉三文治，薯片，涼拌椰菜。
10:45	11:30	Thursday 星期四	30	Sicilian fish stew w tomato, wine, orange & herbs, salad, crusty bread 西西里風味鮮茄香草燴魚肉，沙律，脆麵包。
10:45	11:30	Friday 星期五	31	Chinese-style bbq chicken, egg noodles w sesame dressing, vegetables 中式燒雞腿，芝麻醬撈麵，菜。

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 NEW STARTING JULY 2026 (MAX 90 LUNCHES)

- Payment taken as early as 11:15am
- Serving lunch will begin at 11:30am
- **Max 90 lunches (as of July 2026)**
- 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.
- There is a seat for each person who is reserved.

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
- **New July 2026 – Drop Ins must use seating in the Seniors Lounge**
- 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.

June 23

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.



Lunch Changes Beginning July 2026

午餐變化開始 2026年7月

40 SPOTS WILL REMAIN FOR REGISTERED TAKE OUT.

40 個位會保留畀登記外賣。

WE WILL BE INCREASING REGISTRATION FOR DINE-IN FROM 70 TO 90 SPOTS

我哋會將堂食嘅登記人數由70個增加到90個位

15 OF THOSE SPOTS WILL BE RESERVED FOR IN-PERSON REGISTRATION STARTING AT 9AM ON THE DAY OF REGISTRATION OR OVER THE PHONE STARTING AT 12PM ON THE DAY OF REGISTRATION.

其中 15 個名額將會預留畀報名當日上午 9 點開始親身報名，或者報名當日下午 12 點開始透過電話報名。

DROP-INS WILL BE LIMITED TO 20 SPOTS

入場名額將限於 20 個名額

DROP-INS ARE KINDLY ASKED TO USE THE RESERVED SEATING IN THE SENIORS LOUNGE TO EAT THEIR LUNCH. THERE WILL NOT BE SPACE IN THE GRAND HALL FOR DROP-INS.

請客人使用長者休息室嘅預留座位食午餐。大堂唔會有空間畀人落客。

IF THERE ARE MORE LUNCHES AVAILABLE, WE WILL MAKE AN ANNOUNCEMENT AT 12:15 AND THEY WILL BE AVAILABLE AS TAKE OUTS
如果有更多午餐供應，我哋會喺12:15公佈，而佢哋會喺外賣時供應

PLEASE NOTE, WE ARE PLANNING TO ADJUST HOW THE SEATING IS SET UP IN THE GRAND HALL. PLEASE BE PATIENT AS WE TRIAL NEW SET UPS.

請注意，我哋計劃調整大堂嘅座位設置方式。我哋試用新嘅設施嗰陣，請耐心等待