

AUGUST 2026 EAT, CHAT, THRIVE LUNCH

長者中心八月餐單

PROGRAM SENIORS 55+

Take Out 外賣	Dine In 堂食			
		Monday 星期一	3	CLOSED for BC Day. BC 日休息。
10:45	11:30	Tuesday 星期二	4	Chicken stuffed with broccoli & cheese, potato, vegetables. 芝士百加利釀雞胸肉, 薯仔, 菜。
10:45	11:30	Thursday 星期四	6	Grilled Shrimp, summer salad with honey/dill dressing, garlic bread. 煎蝦, 香草蜜汁醬沙律, 蒜蓉包。
10:45	11:30	Friday 星期五	7	Bill's honey Char Siu (BBQ pork), rice, vegetables. 蜜汁叉燒, 飯, 菜。
10:45	11:30	Monday 星期一	10	Snapper with coconut milk & Thai basil, rice, vegetables. 泰香草椰汁焗紅斑魚柳, 飯, 菜。
10:45	11:30	Tuesday 星期二	11	Killarney's signature meatballs (pork & beef), spaghetti w marinara sauce, Caesar salad. 中心招牌肉丸茄醬汁燴意粉, 凱撒沙律。
10:45	11:30	Thursday 星期四	13	Thai-style Kai Yang chicken leg (w lemongrass, fish sauce, garlic & honey), Asian salad, mango sticky rice. 泰式香茅烤雞腿 (香茅魚露蒜蓉蜜汁), 中式沙律, 芒果糯米飯。
10:45	11:30	Friday 星期五	14	Breaded Sole with Basil cream sauce, potatoes, vegetables. 香草白汁焗吉列魚柳, 薯仔, 菜。
10:45		Monday 星期一	17	Quiche with ham, bacon, summer veggies & herbs, salad. TAKE OUT ONLY 火腿, 煙肉, 雜菜乳蛋派, 沙律。(請注意: 只做外賣, 沒有堂食。)
10:45	11:30	Tuesday 星期二	18	Chicken breast w spiced berry sauce, mixed grains & rice, salad. 香料梅子醬焗雞胸, 麥米飯, 沙律。
10:45	11:30	Thursday 星期四	20	Vietnamese glazed pork skewers, rice, pickled vegetables. 越式香料豬肉串燒, 飯, 泡菜。
10:45	11:30	Friday 星期五	21	Baked Hakefish w bang sauce (mild), rice, vegetables. 蛋黃醬焗白魚魚柳 (不辣), 飯, 菜。
10:45		Monday 星期一	24	Beef Liver or Veal Cutlet with gravy, bacon & onions, potato, vegetables. TAKE OUT ONLY 烤焗牛肝或吉列牛仔肉, 煙肉, 洋蔥, 醬汁, 薯仔, 菜。(請注意: 只做外賣, 沒有堂食。)
10:45	11:30	Tuesday 星期二	25	Salad Nicoise w smoked salmon, potato, summer veggies, egg, creamy dill dressing, crusty bread. 煙三文魚, 薯仔, 蛋, 雜菜沙律, 脆皮麵包。
10:45	11:30	Thursday 星期四	27	Japanese-style curried chicken with Kabocha squash (mild), rice, vegetables. 日式南瓜炆咖喱雞 (不辣), 飯, 菜。
10:45	11:30	Friday 星期五	28	Pork Cutlet with sweet peppers & pineapple sauce, egg noodles w sesame dressing, vegetables. 菠蘿, 甜椒汁吉列豬扒, 芝麻醬撈蛋麵, 菜。
		Monday 星期一	31	CLOSED until Tuesday, September 8. 中心餐房休息至九月八日星期二重開。

AUG. 17 & 24: TAKE OUT ONLY – NO DINE IN

8月17日及24日: 只提供外賣, 不設堂食。

PICK UP TIME SLOTS: 10:45-11:15, 11:15-11:45, 11:45-12:15

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.

July 28

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.

