

SEPTEMBER 2026

EAT, CHAT, THRIVE LUNCH

老人中心九月膳食計劃

PROGRAM SENIORS 55+

Take Out 外賣	Dine In 堂食			
10:45	11:30	Tuesday 星期二	1	CLOSED FOR MAINTENANCE SHUTDOWN SEPTEMBER 1ST – SEPTEMBER 7TH 中心維修及假期休息。
10:45	11:30	Thursday 星期四	3	CLOSED FOR MAINTENANCE SHUTDOWN SEPTEMBER 1ST – SEPTEMBER 7TH 中心維修及假期休息。
10:45	11:30	Friday 星期五	4	CLOSED FOR MAINTENANCE SHUTDOWN SEPTEMBER 1ST – SEPTEMBER 7TH 中心維修及假期休息。
10:45	11:30	Monday 星期一	7	CLOSED FOR MAINTENANCE SHUTDOWN SEPTEMBER 1ST – SEPTEMBER 7TH 中心維修及假期休息。
10:45	11:30	Tuesday 星期二	8	Garlic shrimp, Greek salad, pita bread w yoghurt sauce 蒜蓉煎蝦，希臘沙律，阿拉伯式薄麵包（皮塔餅）乳酪醬。
10:45	11:30	Thursday 星期四	10	Bacon wrapped chicken medallion, potato, vegetables 香煎煙肉卷包圓形雞扒，薯仔，菜。
10:45	11:30	Friday 星期五	11	Breaded sole w creamed corn sauce, rice, vegetables 煎焗忌廉玉米汁吉列魚柳，飯，菜。
10:45	11:30	Monday 星期一	14	Seafood & summer vegetable quiche, salad 海鮮雜菜乳蛋派，沙律。
10:45	11:30	Tuesday 星期二	15	Chicken w lemon & herbs, pasta salad, vegetables 香草檸檬焗雞，意粉沙律，菜
10:45	11:30	Thursday 星期四	17	Minced meat (beef & pork) & onions with Korean bbq sauce, steamed bao buns, Asian salad. 免治牛肉豬肉洋蔥韓式鐵板燒，蒸夾包，中式沙律。
10:45	11:30	Friday 星期五	18	Turkey cutlet w mushroom gravy, potatoes, vegetables 吉列火雞扒，蘑菇汁，薯仔，菜。
10:45	11:30	Monday 星期一	21	Snapper w crispy almond & panko crust, potato, vegetables 杏仁脆粉焗紅斑魚柳，薯仔，菜。
10:45	11:30	Tuesday 星期二	22	Warm meatball sub (beef & pork) w marinara sauce & cheese on a soft bun, potato chips, salad. 茄醬汁肉丸（碎牛肉豬肉）芝士夾麵包，薯片，沙律。
10:45	11:30	Thursday 星期四	24	Asian-style pork chop w fresh tomato & onion sauce, rice, vegetables 中式鮮茄洋蔥汁豬扒，飯，菜。
10:45	11:30	Friday 星期五	25	Moon Festival – Chinese-style bbq chicken, egg noodles w sesame dressing, vegetables. 中秋節：中式燒雞腿，芝麻醬撈蛋麵，菜。
10:45	11:30	Monday 星期一	28	Beef liver or turkey cutlet w gravy, onions & bacon, barley pilaf, vegetables. 煎焗牛肝或者吉列火雞扒，洋蔥醬汁，煙肉，薏米飯，菜。
10:45	11:30	Tuesday 星期二	29	Parmesan crusted salmon w leek sauce, potato, vegetables. 巴馬臣芝士焗三文魚，醬汁，薯仔，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 = \$90.50 + GST | 1 lunch = \$9.05 + 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.

Aug 25

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.

