

OCTOBER 2026

長者中心十月餐單

EAT, CHAT, THRIVE LUNCH PROGRAM 55+

Take Out 外賣
Dine In 堂食

10:45	11:30	Thursday 星期四	1	Grilled shrimp, chow mien noodles, Asian salad. 煎蝦，炒麵，中式沙律。
10:45	11:30	Friday 星期五	2	Turkey cutlet w mild curry sauce, rice, vegetables. 咖喱汁吉列火雞扒（小辣），飯，菜。
10:45	11:30	Monday 星期一	5	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	6	Housemade beefsteak w red wine gravy, barley pilaf, vegetables. 自制漢堡扒，紅酒醬汁，薏米飯，菜。
10:45	11:30	Thursday 星期四	8	Baked hakefish w mayo & cheese sauce, potatoes, vegetables. 蛋黃芝士醬焗白魚魚柳，薯仔，菜。
10:45	11:30	Friday 星期五	9	Thai bang bang chicken, egg noodles, vegetables. 泰式棒棒醬焗雞胸，蛋麵，菜。
10:45	11:30	Monday 星期一	12	CLOSED FOR THANKSGIVING. 感恩節休息。
10:45	11:30	Tuesday 星期二	13	Roasted ham & autumn vegetable quiche, salad. 火腿雜菜乳蛋派，沙律。
10:45	11:30	Thursday 星期四	15	Snapper w ginger & garlic sauce, rice, vegetables. 蒜蓉薑汁焗紅斑魚柳，飯，菜。
10:45	11:30	Friday 星期五	16	Pork cutlet w pineapple sweet & sour sauce, rice, vegetables. 吉列豬扒，甜酸菠蘿汁，飯，菜。
10:45	11:30	Monday 星期一	19	Beef cabbage roll, pork kielbasa, perogies, vegetables. 碎牛肉椰菜卷，波蘭豬肉腸，餃子，菜。
10:45	11:30	Tuesday 星期二	20	Beef liver or turkey cutlet w gravy, bacon & onions, egg noodles, vegetables. 烤焗牛肝或吉列火雞扒，醬汁，煙肉，洋蔥，蛋麵，菜。
10:45	11:30	Thursday 星期四	22	Bill's honey char-siu (bbq pork), steamed bao buns, salad. 蜜汁叉燒，蒸夾包，沙律。
10:45	11:30	Friday 星期五	23	Veal cutlet w mushroom sauce, mixed rice & grains, vegetables. 吉列牛仔肉，蘑菇汁，麥米飯，菜。
10:45	11:30	Monday 星期一	26	Parmesan crusted salmon, Italian risotto, vegetables. 焗巴馬臣芝士三文魚，意大利燴飯，菜。
10:45	11:30	Tuesday 星期二	27	Killarney's signature meatballs (beef & pork), spaghetti & marinara sauce, salad, garlic bread. 中心招牌肉丸（碎牛肉和碎豬肉）茄醬汁燴意粉，沙律，蒜蓉包。
10:45	11:30	Thursday 星期四	29	Vietnamese-style lemongrass chicken, egg noodles w sesame dressing, Asian salad. 越式香茅雞腿，芝麻醬撈蛋麵，中式沙律。
10:45	11:30	Friday 星期五	30	Breaded sole w creamed corn sauce, rice, vegetables. 玉米忌廉汁焗吉列魚柳，飯，菜。

EAT, CHAT, THRIVE

LUNCH PROGRAM 55+

MONDAY – TUESDAY – THURSDAY – FRIDAY

TAKE OUT (Max 40 Lunches)

- Pick up at 10:45am.
- Max 2 orders per customer.
- Includes entrée, dessert, & juice.

**Pre-registration
required**

DINE IN (Max 90 Lunches)

New!

- Payment taken as early as 11:15am.
- Serving lunch will begin at 11:30am.
- 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.

**Pre-registration
required**

DROP IN (20 Guaranteed)

- 20 first-come, first-served spots are available after 11:45am.
- Payment will be taken after 11:45am.
- Please DO NOT reserve spots in line for others.
- **New!** 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 available for purchase.
- If you have already purchased a meal, 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 available until 5:00pm on the day before the scheduled lunch. Requests made after the deadline will not be eligible for refund.

September 22

REGISTER NOW >

BY PHONE

604-718-8201
(begins at 12pm)

IN PERSON

6260 Killarney Street,
Vancouver, BC

ONLINE

<http://www.vanrec.ca>



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

