

the

Senior's Lunch Program Grand Hall Dining Experience

Wednesdays & Fridays

11:30am-12:45pm

\$6.67+GST

Lunch Menus for November 2020

Wednesday, November 4th	Almond Crusted Sole, Herby Potatoes, Vegetables 星期三 焗杏仁魚柳，香草薯仔，菜
Friday, November 6th	Asian Pan-Fried Pork Strips with Onions- Worcestershire Sauce, Rice & Vegetables 星期五 中式香煎咕汁洋葱猪肉條，白飯，菜
Wednesday, November 11th	NO LUNCH "HAPPY REMEMBRANCE DAY!"
Friday, November 13th	Open Faced Hot Roast Beef Sandwich with Gravy, Mashed Potatoes & Vegetables 星期五 醬汁烤牛肉三明治，薯蓉，菜
Wednesday, November 18th	Roasted Autumn Vegetable Quiche & Salad 星期三 香焗雜菜乳蛋派，沙律
Friday, November 20th	Beef and Tomato Lasagna, Salad & Garlic Bread 星期五 蕃茄牛肉醬焗寬條意粉，沙律，蒜蓉包
Wednesday, November 25th	Liver, Bacon & Onions, Egg Noodles & Vegetables 星期三 香煎洋葱牛肝，煙肉，蛋麵，菜
Friday, November 27th	Indian Butter Chicken, Rice, Naan Bread & Vegetables 星期五 印式奶油咖哩雞（不辣）飯，印度烤餅，菜



All meals served with Coffee, Tea or Juice

All Menu's are subject to change.

Jointly operated by the Killarney Community Centre Society & the Vancouver Park Board

