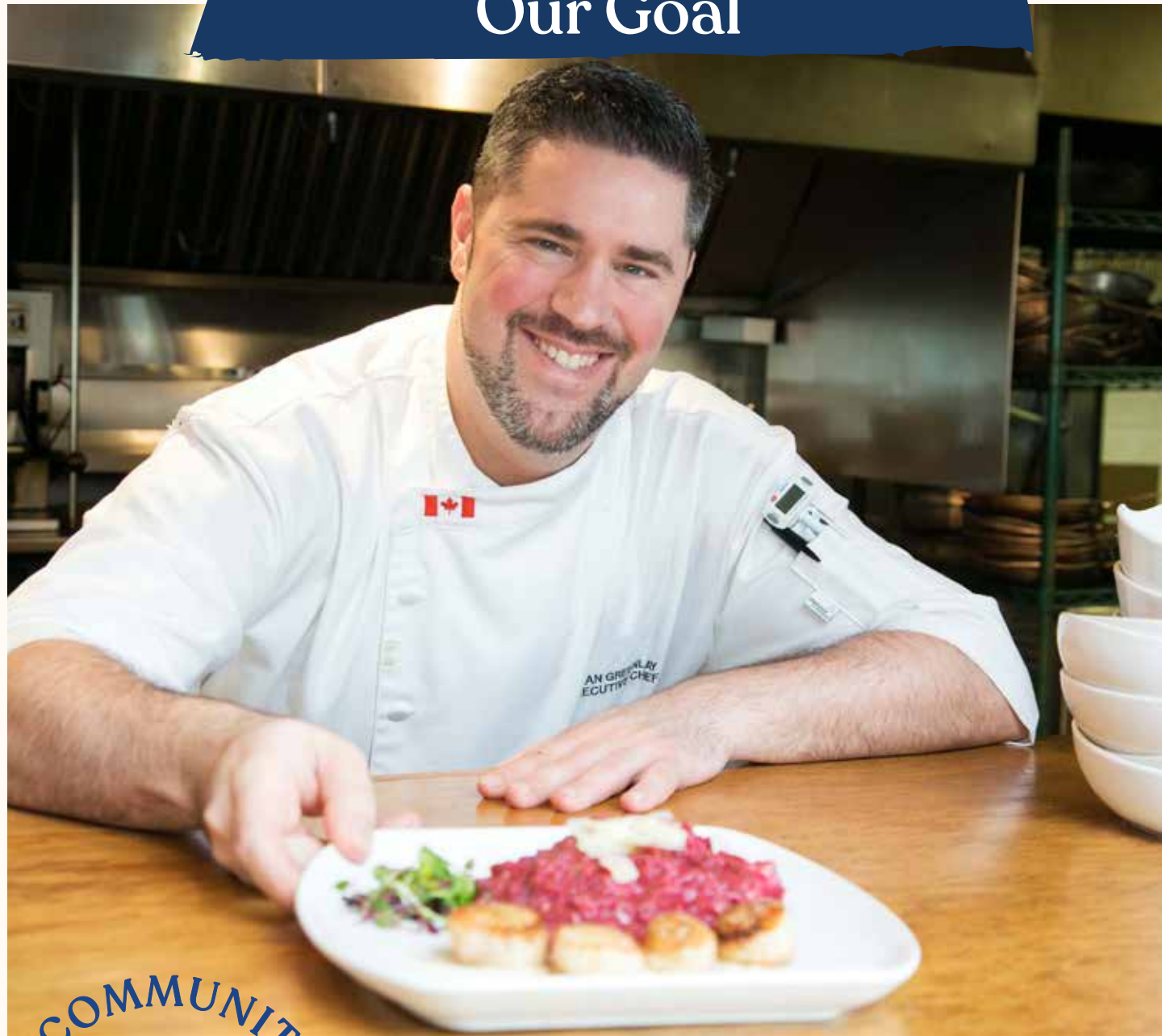




cooking with
VRS
COMMUNITIES

A SELECTION OF GREAT DISHES FOR
YOUR LOVED ONES

Our Goal



We strive everyday to cook delicious restaurant quality meals for your loved ones. We try to cook from scratch and use fresh local ingredients whenever possible.

What you see here is a collection of dishes being served in our retirement communities. Our chefs take great pride in their work and genuinely care for the well being and happiness of our residents.

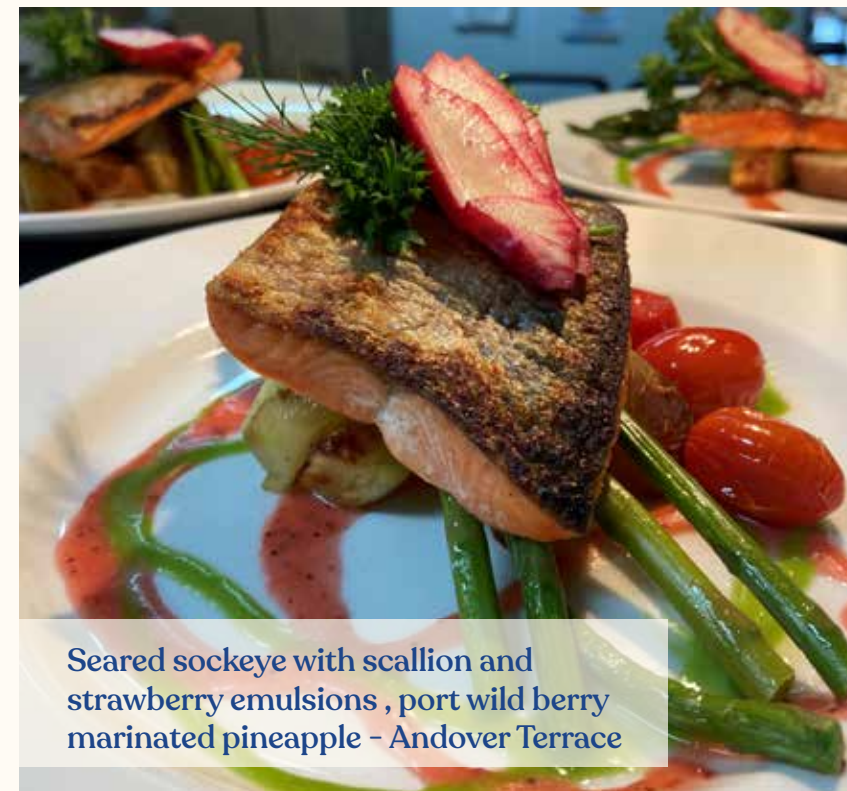
Our Story



Prosciutto Fig and Goat Cheese Salad - Pacific Carlton

At VRS Seniors Communities, we believe that seniors deserve our very best.

Since 1972 we have been advocating for those less represented for higher standards of living and care. We believe every individual has the right to live in their community, regardless of age or ability, which is why we listen to what our seniors want, to what they need and most importantly, to how they like to live. We thank you for being part of our community and our belief in a new way forward for affordable and quality seniors housing.



Seared sockeye with scallion and strawberry emulsions, port wild berry marinated pineapple - Andover Terrace

Service is at the heart of what we do and we're here to work for you. We stand by our five-star service guarantee and believe in creating an experience that is best-in-class for our residents and their families.



Grilled Cheese Creamy Tomato Soup
- Orchard Gardens



Oven braised pork chop, mushroom sauce,
steamed potato, and peas - Shuswap Lodge



Dijon maple glazed salmon, grilled polenta
cake, beets and carrots - Ross Place

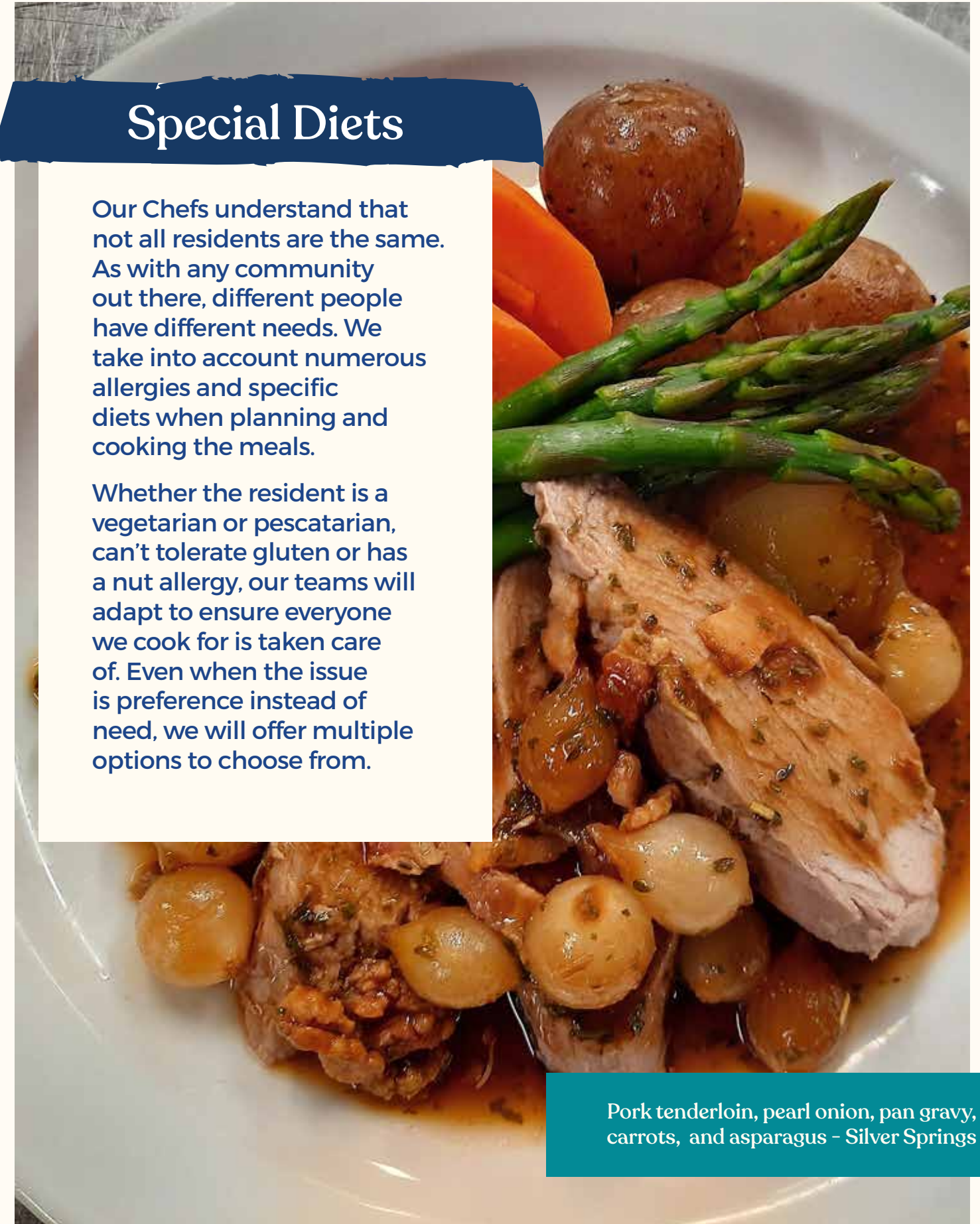


Seared rockfish, ginger scallion sauce, parmesan rissotto cake, sauteed peppers, carrots - Sunnyside Manor

Special Diets

Our Chefs understand that not all residents are the same. As with any community out there, different people have different needs. We take into account numerous allergies and specific diets when planning and cooking the meals.

Whether the resident is a vegetarian or pescatarian, can't tolerate gluten or has a nut allergy, our teams will adapt to ensure everyone we cook for is taken care of. Even when the issue is preference instead of need, we will offer multiple options to choose from.



Pork tenderloin, pearl onion, pan gravy, carrots, and asparagus - Silver Springs

Keeping our Cooking Creative

Although our entrees are always crowd pleasers, at VRS we like to find fun ways to keep our cooking creative. Each month, our chefs participate in a friendly culinary showdown. Chefs present their best dishes, often beautifully and artfully plated, to all VRS staff for judging. This has brought our chefs closer together and they have begun to share recipes, borrow ideas for improving service, and push each other to provide the best service possible.



Prawn souvlaki - Lakeside Gardens



Pork tenderloin with ginger teriyaki, roasted root veg and quick pickle garnish - Charles Manor



Braised boneless short rib with garlic prawns - Pacific Carlton





Butter Chicken - Sunnyside Manor



Seafood bouillabaisse - Garneau Hall



Gluten free pollock gremolata
- Andover Terrace



Pan seared trout with tomato basil relish
and tempura beans - Ross Place



Seared sockeye with fennel, apple,
frisee rocket slaw - Shuswap Lodge

Home Style Cooking

One way our chefs help keep residents excited about their food is by listening. Our chefs regularly attend VRS town hall meetings, where they get input on what the residents would like to see and eat. A lot of our residents are very knowledgeable about cooking, and we try to have them share their family recipes (recipes that are sometimes beautifully creative and complex!) so that we can make VRS feel a little more like home.



Meatloaf, bacon, southern fried potato, cauliflower, green beans - Silver Springs



Wiener schnitzel, potato rosti, pickled cabbage - Sunnyside Manor



Pork tenderloin, mashed potato, carrots, beans - Shuswap Lodge

Just Desserts

While not everyone has a sweet tooth, we like to give our residents lots of options. Our creative cooking is often accompanied by a variety of delicious desserts.



Tapioca Berry Trifle-
Sunshine Ridge



Snickerdoodle Chai Cheesecake
- Orchard Gardens



Spiced carrot cake
- Garneau Hall



Spiced banana cake with baked
churro - Ross Place

A circular watermark logo for VRS Communities is centered in the background. The text "VRS COMMUNITIES" is arched across the top, and "A NEW WAY FORWARD" is arched across the bottom. In the center of the circle is a stylized graphic of a house with a roof made of downward-pointing triangles and a chimney on the right side.

Handcrafted homestyle cooking with heart