


GEMS

May 2024

A Meal Program for Older Adults living in the RM of Macdonald

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Starbuck @11:45 Parmesan Chicken Presentation at 12:30-Mindfulness	2 Sanford @11:45 Parmesan Chicken	3	4
5	6 La Salle @ 11:45 Ribs	7 The Leaf & Taverna Rodos	8 Starbuck @11:45 Liver n' Onions	9 Sanford @11:45 Liver n' Onions	10	11 Let No One Be Alone Pancake Breakfast
12 Mother's Day 	13 Brunkild @11:45 Meatloaf	14	15 Starbuck @11:45 Surprise	16 Sanford @ 11:45 Surprise	17	18
19	20 No Meal Victoria Day	21	22 Starbuck @11:45 S & S Ribs Presentation @12:30-Healthy Mouth	23 Sanford @11:45 S & S Ribs Presentation @ 12:30 - Mindfulness	24	25
26	27 La Salle @11:45 Apricot Chicken	28	29 Starbuck @11:45 Pork Cutlets	30 Sanford @ 11:45 Pork Cutlets	31	

Please call Leanne at 204-735-3052 to sign up no later a couple days before each week's meals.

We will try to accommodate special dietary requests.

Please call ahead to confirm.

Menu subject to change.

\$10 per person