



# GEMS

A Meal Program for Older Adults living in the R.M. of Macdonald

## August 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Terry Fox Day	4	5 Teriyaki Chicken	6 Teriyaki Chicken	7	8
9	10	11	12 Liver n'Onions	13 Meat Loaf	14 Ice Cream Friday Starbuck	15
16	17	18	19 Cold Plate	20 Cold Plate	21 Ice Cream Friday Sanford	22
23	24	25	26 Spaghetti & Meatballs	27 Spaghetti & Meatballs	28	29
30	31					

Please call Leanne at 204-735-3052 to sign up no later than the Monday before each week's meals.  
**We will try to accommodate special dietary requests.**  
 Menu subject to change.

**Please call ahead to confirm.**  
**\$10 per person**