



# GEMS

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

## December 2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 Spaghetti & Meatballs	3 Spaghetti & Meatballs	4	5
6	7	8	9 S & S Ribs	10 S & S Ribs	11	12
13	14	15	16 Chicken Parmesan	17 Chicken Parmesan	18	19
20	21	22	23 Ukrainian Meal Meal will be delivered to all communities today	24 No Meal Meal will be delivered on Dec 23	25 Christmas Day	26
27	28	29	30 No Meal	31 No Meal	Jan 1 Happy New Year	

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**