

GEMS



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

January 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31					1	2
3	4	5	6 Lasagna	7 Lasagna	8	9
10	11	12	13 Pork Roast	14 Pork Roast	15	16
17	18	19	20 Shepherd's Pie	21 Shepherd's Pie	22	23
24	25	26	27 Liver n' Onions	28 Liver n' Onions	29	30

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