



GEMS

September 2021



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Starbuck Ham & Texas Potatoes	2 Sanford Ham & Texas Potatoes	3	4
5	6 No Meal-Labour Day	7	8 Starbuck Meatloaf	9 Sanford & La Salle Meatloaf	10	11
12	13 Brunkild Chili and Bun	14	15 Starbuck Pork Roast	16 Sanford & La Salle Pork Roast	17	18
19	20 La Salle Sweet & Sour Ribs 10 habits for a Healthy Lifestyle, 1pm	21	22 Starbuck Smothered Chicken Healthy Brains, 1pm	23 Sanford Smothered Chicken 10 Habits for a Healthy Lifestyle, 1pm	24	25
26	27 La Salle Roast Beef	28	29 Starbuck Roast Beef	30 Sanford Roast Beef		

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. **\$9 per person**