



GEMS

August 2022

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3 Starbuck @11:45 Mary Brown's Chicken	4 Sanford @11:45 Surprise a la Roy	5	6
7	8 Brunkild@ 11:45 Lasagna	9	10 Starbuck @11:45 Chili BINGO	11 Sanford @11:45 Chili BINGO	12	13
14	15 La Salle @11:45 Macaroni Casserole	16	17 Starbuck @11:45 Spaghetti & Meatballs	18 Sanford @ 11:45 Spaghetti & Meatballs	19	20
21	22 La Salle @ 11:45 Pulled pork on a bun	23	24 Starbuck @11:45 Teriyaki Chicken	25 Sanford @11:45 Teriyaki Chicken	26	27
28	29 La Salle @11:45 Teriyaki Chicken	30	31 Starbuck @11:45 Liver n'Onions	Sept 1 Liver n'Onions		
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