



GEMS

February 2022

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



Louis Riel Day is Monday, February 21

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 Starbuck Roast Beef	3 Sanford Roast Beef	4	5
6	7 Brunkild Pork Cutlets	8	9 Starbuck Pork Cutlets	10 Sanford Pork Cutlets	11	12
13	14 La Salle Shrimp Scampi Happy Valentine's Day	15	16 Starbuck Lasagna	17 Sanford Lasagna	18	19
20	21 No Meal Louis Riel Day	22	23 Starbuck S & S Meatballs	24 Sanford S & S Meatballs	25	26
27	28 La Salle Turkey Chili					

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.
 Menu subject to change.

Please call ahead to confirm.
\$9 per person