

# GEMS

## July 2022

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 La Salle @ 11:45 BBQ Chicken	5	6 Starbuck @11:45 Chicken Fettucine	7 Sanford @11:45 Chicken Fettucine	8	9
10	11 Brunkild @11:45 S & S Ribs	12	13 Starbuck @11:45 S & S Ribs	14 Sanford @ 11:45 S & S Ribs	15	16
17	18 La Salle @ 11:45 Pickeral	19	20 Starbuck @11:45 Lasagna	21 Sanford @11:45 Lasagna	22	23 Last day to register for Folklorama
24	25 La Salle @11:45 Burgers	26	27 Starbuck @11:45 Surprise a la Roy	28 Sanford @11:45 Mary Brown's Chicken	29	30
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**