



# GEMS

## June 2022



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Starbuck @11:45 Roast beef	2 Sanford @11:45 Roast Beef	3	4
5	6 La Salle @ 11:45 Chicken Quesadillas	7	8 Starbuck @11:45 Liver n Onions (or substitute)	9 Sanford @11:45 Liver n Onions (or substitute)	10	11
12	13 Brunkild @11:45 Sesame Chicken	14 Celebrations Matinee 11:00 a.m.	15 Starbuck @11:45 Lemon Chicken <b>World Elder Abuse Awareness day</b>	16 Sanford @ 11:45 Lemon Chicken	17	18
19 Father's day	20 No Meal	21	22 Starbuck @11:45 Meat loaf Presentation: Emergency Preparedness 12:45 Starbuck Hall	23 Sanford @11:45 Meat loaf Presentation: Emergency Preparedness 12:45 Sanford Legion	24	25
26	27 La Salle @11:45 Spaghetti Presentation: Emergency Preparedness 12:45 Caisse Community Centre	28	29 Starbuck @11:45 Roast Pork Last day to register for Folklorama	30 Sanford @11:45 Roast Pork		

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**