



GEMS

March 2022

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



SUN DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 Starbuck Roast Beef	3 Sanford Roast Beef	4	5
6	7 Brunkild S & S Ribs	8	9 Starbuck S & S Ribs	10 Sanford S & S Ribs	11	12
13	14 La Salle Stew	15	16 Starbuck Stew	17 Sanford Stew St Patrick's Day	18	19
20	21 La Salle Greek Turkey meatballs & lemon potatoes Presentation: Cyber Safety 12:45 Caisse Community Centre	22	23 Starbuck Meatloaf Presentation: Cyber Safety 12:45 Starbuck Hall	24 Sanford Meatloaf Presentation: Cyber Safety 12:45 Sanford Legion	25	26
27	28 La Salle Turkey Chili	29	30 Starbuck Liver n' Onions	31 Sanford Liver n' Onions		

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