

GEMS

April 2023

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 Brunkild @ 11:45 Lasagna Presentation: Bone Health 101	4 Celebrations 11 am	5 Starbuck @11:45 Lasagna	6 Sanford @11:45 Lasagna	7 Good Friday	8
9 Easter	10 La Salle @11:45 Roast Chicken	11	12 Starbuck @11:45 S&S Ribs	13 Sanford @11:45 S&S Ribs	14	15
16	17 La Salle @11:45 Chili & Grilled Cheese Presentation: Bone Health 101	18	19 Starbuck @11:45 Surprise Meal Presentation: Bone Health 101	20 Sanford @ 11:45 Surprise Meal Presentation: Bone Health 101	21	22
23	24 La Salle @11:45 Beef tacos Presentation: Peace	25	26 Starbuck @11:45 Homemade Soup & sandwich	27 Sanford @11:45 Homemade Soup & sandwich	28	29
30	1 Brunkild					

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**

