



GEMS

January 2023

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 Starbuck @11:45 Chili	5 Sanford @11:45 Chili	6	7
8	9 Brunkild @11:45 Chili	10	11 Starbuck @11:45 Liver n'Onions	12 Sanford @11:45 Liver n'Onions	13	14
15	16 La Salle @11:45 BBQ Chicken Breast	17	18 Starbuck @11:45 Homemade soup & Sandwich	19 Sanford @ 11:45 Homemade soup & Sandwich	20	21
22	23 La Salle @ 11:45 Quiche	24	25 Starbuck @11:45 S&S Ribs	26 Sanford @11:45 S&S Ribs	27	28
29	30 La Salle @11:45 Salmon	31	1 Starbuck @ 11:45 Chicken Parmesan	2 Sanford @ 11:45 Chicken Parmesan		

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**