



# GEMS

## March 2023

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Starbuck @11:45 Pork Cutlets	2 Sanford @11:45 Pork Cutlets	3	4
5	6 Brunkild & La Salle Chicken Drummies      Spaghetti & Meatballs	7	8 Starbuck @11:45 Lemon Chicken	9 Sanford @11:45 Lemon Chicken	10	11
12	13 La Salle @11:45 Shepherd's Pie	14	15 Starbuck @11:45 Surprise Meal	16 Sanford @ 11:45 Surprise Meal	17 	18
19	20 La Salle Chicken Stew & Dumplings	21	22 Starbuck @11:45 Homemade Soup & sandwich	23 Sanford @11:45 Homemade Soup & sandwich	24	25
26	27 No Meal	28	29 Starbuck @ 11:45 Liver n'Onions	30 Sanford @ 11:45 Liver n'Onions	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**