



GEMS

May 2023

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

Let No One
"Bee" Alone

May 7-13

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Brunkild @ 11:45 Teriyaki Chicken Presentation: Nutrition for Healthy Bones	2	3 Starbuck @11:45 Teriyaki Chicken	4 Sanford @11:45 Teriyaki Chicken	5	6
7	8 La Salle @11:45 Let No One Bee Alone Creamy Parmesan Lemon Chicken	9	10 Starbuck @11:45 Let No One Bee Alone Ham & Texas Potatoes	11 Sanford @11:45 Let No One Bee Alone Ham & Texas Potatoes	12	13
14 Mother's Day	15 La Salle @11:45 Greek meal Presentation: Nutrition for Healthy Bones	16	17 Starbuck @11:45 Roast Beef Presentation: Nutrition for Healthy Bones	18 Sanford @ 11:45 Roast Beef Presentation: Nutrition for Healthy Bones	19	20
21	22 No Meal Victoria day	23	24 Starbuck @11:45 Soup & Sandwich	25 Sanford @11:45 Soup & Sandwich	26	27
28	29 La Salle @11:45 Lasagna	30	31 Starbuck @11:45 Meatloaf	1 Sanford @11:45 Meatloaf		

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.

\$10 per person