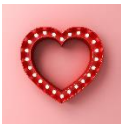


# GEMS

## February 2023

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Starbuck @11:45 <b>Chicken Parmesan</b>	2 Sanford @11:45 <b>Chicken Parmesan</b>	3	4
5	6 Brunkild @11:45 <b>Ham &amp; Scalloped Potatoes</b>	7	8 Starbuck @11:45 <b>Ham &amp; Scalloped Potatoes</b>	9 Sanford @11:45 <b>Ham &amp; Scalloped Potatoes</b>	10	11
12	13 La Salle @11:45 <b>Chicken Cordon Bleu</b> Presentation: Get Your Benefits @12:30	14 	15 Starbuck @11:45 <b>Roast Beef</b> Presentation: Get Your Benefits @12:30	16 Sanford @ 11:45 <b>Roast Beef</b> Presentation: Get Your Benefits @12:30	17	18
19	20 Louis Riel Day No Meal	21	22 Starbuck @11:45 <b>Homemade soup &amp; Sandwich</b>	23 Sanford @11:45 <b>Homemade soup &amp; Sandwich</b>	24	25
26	27 La Salle @11:45 <b>Beef Stroganoff</b>	28	1 Starbuck @ 11:45	2 Sanford @ 11:45		

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**