


GEMS

October 2024

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 Starbuck @ 11:45 BBQ Ribs	3 Sanford @11:45 Roast Pork Frauds & Scams at 12:30	4	5
6	7 La Salle @ 11:45 Hamburger Steak	8	9 Starbuck @11:45 Shepherd's Pie	10 Sanford @11:45 Ham Casserole	11 Living Well Symposium Oak Bluff 9-2	12
13	14 No Meal Thanksgiving	15	16 Starbuck @11:45 Chili	17 Sanford @ 11:45 Liver n'Onions	18	19
20	21 Brunkild@ 11:45 Pesto Chicken	22	23 Starbuck @11:45 Sesame Chicken	24 No Meal	25	26
27	28 La Salle @ 11:45 S & S Ribs Presentation: Dr Gordon Goldsborough	29	30 Starbuck @11:45 Lasagna	31 Sanford @ 11:45 Spooky Surprise 		

Please call Leanne at 204-736-2255 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