





SATUR

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	DAY
31					1	2
3	4 No Meal Terry Fox Day	5	6 Starbuck @11:45 Roast Chicken	7 Sanford @11:45 Ribs	8	9
10	11 La Salle @ 11:45 Meatloaf	12	13 Starbuck @11:45 Sandwiches and Salads	14 Sanford @ 11:45 Beef Stew	15 Folklorama	16
17	18 La Salle @ 11:45 Turkey Sloppy Joes	19	20 Starbuck @11:45 Farmer's Sausage and Perogies	21 Sanford @ 11:45 Salmon	22	23
24	25 Brunkild@ 11:45 Ham & Texas Potatoes	26	27 Starbuck @11:45 Salisbury Steak	28 Sanford @ 11:45 Turkey Chili (beanless)	29	30

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. Menu subject to change.

Please call ahead to confirm. \$10 per person