





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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|--|---|--|
| | | 1 Starbuck @11:45 | 2 Sanford @11:45 | 3 | 4 |
| | | Chicken Parm | Salmon Nicoise Salad Presentation: Living a Whole Life | | |
| 6 La Salle @ 11:45 Thanksgiving Meal | 7 | 8 Starbuck @11:45 Thanksgiving Meal | 9 Sanford @11:45 Chicken Parm | 10 | 11 |
| 13 No Meal Thanksgiving | 14 | 15 Starbuck @11:45 Halibut | 16 Sanford @ 11:45 Thanksgiving Meal Presentation: Caregiver Burnout | 17 | 18 |
| 20 Brunkild@ 11:45 Thanksgiving Meal | 21 | 22 Starbuck @11:45 Turkey Noodle Soup & egg salad sandwiches | 23 Sanford @ 11:45 Beef Stew | 24 | 25 |
| 27 La Salle @ 11:45 Perogies and Sausage | 28 | 29 Starbuck @11:45 Tuna Casserole | 30 Sanford @ 11:45 Creamy Garlic Chicken @ Meadowbrook Clubouse | 31 Halloween | |
| | 6 La Salle @ 11:45 Thanksgiving Meal 13 No Meal Thanksgiving 20 Brunkild@ 11:45 Thanksgiving Meal 27 La Salle @ 11:45 Perogies and | 6 La Salle @ 11:45 Thanksgiving Meal 13 No Meal 14 Thanksgiving 20 Brunkild@ 11:45 Thanksgiving Meal 27 La Salle @ 11:45 Perogies and | 1 Starbuck @11:45 Chicken Parm 6 La Salle @ 11:45 Thanksgiving Meal 13 No Meal 14 15 Starbuck @11:45 Thanksgiving Meal 14 15 Starbuck @11:45 Halibut 20 Brunkild@ 11:45 Thanksgiving Meal 21 22 Starbuck @11:45 Turkey Noodle Soup & egg salad sandwiches 27 La Salle @ 11:45 Perogies and 28 29 Starbuck @11:45 Tuna Casserole | 1 Starbuck @11:45 Chicken Parm 2 Salmon Nicoise Salad Presentation: Living a Whole Life 6 La Salle @ 11:45 Thanksgiving Meal 14 15 Starbuck @11:45 Thanksgiving Meal 15 Starbuck @11:45 Thanksgiving Meal 16 Sanford @ 11:45 Thanksgiving Meal Thanksgiving Meal Thanksgiving Meal Presentation: Caregiver Burnout 20 Brunkild@ 11:45 Thanksgiving Meal 21 22 Starbuck @11:45 Thanksgiving Meal 22 Starbuck @11:45 Turkey Noodle Soup & egg salad sandwiches 27 La Salle @ 11:45 Perogies and Sausage 28 29 Starbuck @11:45 Tuna Casserole 30 Sanford @ 11:45 Creamy Garlic Chicken @ Meadowbrook | 1 Starbuck @11:45 Chicken Parm 2 Salmon Nicoise Salad Presentation: Living a Whole Life 6 La Salle @ 11:45 Thanksgiving Meal 7 8 Starbuck @11:45 Thanksgiving Meal 14 15 Starbuck @11:45 Thanksgiving Meal 15 Starbuck @11:45 Thanksgiving Meal 16 Sanford @ 11:45 Thanksgiving Meal Presentation: Caregiver Burnout 20 Brunkild@ 11:45 Thanksgiving Meal 21 22 Starbuck @11:45 Turkey Noodle Soup & egg salad sandwiches 27 La Salle @ 11:45 Perogies and Sausage 28 29 Starbuck @11:45 Tuna Casserole 30 Sanford @ 11:45 Creamy Garlic Chicken @ Meadowbrook |

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