Connections Cafe

2026

November

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 La Salle@ 11:45 **Meatloaf** Speaker: Women's Club of Winnipeg	3 Sanford @11:45 **Salisbury Steak**	4 Starbuck @11:45 **Soup & Sandwiches** Flu Clinic Starbuck Hall 1-3pm Flu Clinic O.B. Hall 3-6 pm	5	6	7
8	9 Brunkild @11:45 Pickeral Flu Clinic La Salle: 3-6 pm	10 Sanford @11:45 **Spaghetti & Meatballs**	11 No Meal **Remembrance Day**	12	13	14
15	16 La Salle@ 11:45 **S & S Meatballs**	17 Sanford @11:45 **Turkey Chili** Games @12:30	18 Starbuck @11:45 **Lemon Chicken**	19	20	21
22	23 La Salle@ 11:45 **Ham & Scalloped Potatoes** Fun with MHRD @12:30	24 Sanford @11:45 **Chicken Stew**	25 Starbuck @11:45 Beef Stroganoff Games @12:30	26	27	28
29	30 La Salle@ 11:45 Chicken Fried Steak					

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 eat in, $12 take out or delivery**