


GEMS

November 2024

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 La Salle @ 11:45 Beef & Broccoli Casserole	5	6 Starbuck @11:45 Pork Cutlets	7 Sanford @11:45 Roast Beef	8	9
10	11 No Meal Remembrance Day 	12	13 Starbuck @11:45 Chicken Fettucine <i>Presentation: Dr Gordon Goldsborough</i>	14 Sanford @ 11:45 Spaghetti & Meatballs	15	16
17	18 Brunkild@ 11:45 Ham & Texas Potatoes <i>Presentation: Dr Gordon Goldsborough</i>	19	20 Starbuck @11:45 Liver n'Onions	21 Sanford @11:45 Meatloaf <i>Presentation: Dr Gordon Goldsborough</i>	22	23
24	25 La Salle @ 11:45 Chili	26	27 Starbuck @11:45 Homemade soup	28 Sanford @11:45 Chicken Fettucine	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.

Please call ahead to confirm.

Menu subject to change.

\$10 per person