



GEMS

September 2024

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 No meal Labour Day	3	4 Starbuck Roast Beef Frauds & Scams at 12:30	5 Sanford Chicken Parmesan Wildlife Rehab @ 12:30	6	7
8	9 La Salle Ham & Texas Potatoes	10	11 Starbuck @11:45 Liver n'Onions	12 Sanford @11:45 S & S Meatballs	13	14
15	16 Brunkild @ 11:45 Chicken Parmesan	17	18 Starbuck @11:45 Meatloaf	19 Sanford @ 11:45 Lemon Chicken	20	21
22	23 La Salle@ 11:45 Hamburger Steak Frauds & Scams at 12:30	24	25 Starbuck @11:45 Ham & Texas Potatoes	26 Sanford @11:45 Homemade Soup	27	28
29	30 No Meal National Day for Truth and Reconciliation	1	2 Starbuck Surprise	3 Sanford Surprise Frauds & Scams at 12:30		

Please call Leanne at 204-735-3052 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**