

GEMS

January 2025

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 No Meal	2 No Meal	3	4
5	6 La Salle @ 11:45 Holiday Meal	7	8 Starbuck @11:45 Shepherd's Pie	9 Sanford @11:45 Ham Casserole Genealogy 101	10	11
12	13 Brunkild@ 11:45 Soup and Sandwich	14	15 Starbuck @11:45 Chicken Casserole	16 Sanford @ 11:45 Chicken Parmesan Minds in Motion Open House	17	18
19	20 La Salle @ 11:45 Lasagna Genealogy 101	21	22 Starbuck @11:45 Teriyaki Chicken	23 Sanford @ 11:45 Surprise	24	25
26	27 La Salle @ 11:45 BBQ Chicken	28	29 Starbuck @11:45 Lasagna Ask the Pharmacist	30 Sanford @ 11:45 Roast Pork	31	

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