



Tell us what you think!			Thursday 1	Friday 2
<p>Each day rate the menu: 1 (least favorite) to 5 (most enjoyed).</p> <p>1  2  3  4  5 </p>	 <p>At the end of the month, return the menu to us via your site coordinator or volunteer driver</p>	<p><b>March 16<sup>th</sup>:</b> A substitute is available in observation of lent.</p> <p><b>March 20<sup>th</sup>:</b> Election Day </p>	<p>Beef Stroganoff Broccoli Tossed Salad/Dressing Tropical Fruit Wheat Roll</p>	<p>Dill Pollock Fillet Garlic Potato Wedge Creamy Coleslaw Pineapple/Tartar Sauce Wheat Bread</p>
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
<p>Mostaccioli with Meat Sauce Cauliflower Spinach Salad/Dressing Juice/Pear Bread Stick</p>	<p>Beef Pattie Ketchup/Mustard Parslied Potatoes Kidney Bean Salad Strawberry Craisins Onion Bun/Cheese</p>	<p>Meatloaf with Gravy Mashed Potatoes Green Beans Pumpkin Pie Wheat Roll</p>	<p>BBQ Pork Chop Red Baby Potatoes Peas Salad Fruit Cocktail Wheat Bread</p>	<p>Egg Salad Diced Potatoes Vegetable Soup Fruited Gelatin Salad Wheat Bread</p>
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	 Friday 16
<p>Baked Chicken Quarters Baked Potato with Sour Cream Spinach Fresh Orange Wheat Bread</p>	<p>Chicken Fritter Baked Beans Sliced Carrots Apricots Wheat Bread</p>	<p>Egg Pattie Round Bacon Hash Browns Ambrosia Salad Biscuit Tomato Juice</p>	<p>Beef Stew Buttered Beans Cottage Cheese Sliced Peaches Biscuit</p>	<p>Corn Beef Parsley Red Potatoes Cabbage and Carrots Irish Trifle Green Apple/Rye Bread</p>
Monday 19	 Tuesday 20	Wednesday 21 	Thursday 22	Friday 23
<p>Ham Loaf with Pineapple Juice Fresh Yam Lima Beans Cinnamon Applesauce Wheat Bread</p>	<p>Deli Chicken Breast Waffle Cut Fries Diced Beets Sliced Peaches Mayo Brioche Roll</p>	<p>Roast Turkey with Gravy Mashed Potatoes Brussel Sprouts Mandarin Oranges Strawberry Cake Wheat Roll</p>	<p>Beef Taco Shredded Cheese Spanish Rice Corn/Fresh Grapes Tortilla/Sour Cream Cookie</p>	<p>Lemon Pepper Pollock Wild Rice Navy Bean Salad Fresh Banana Juice Cup Wheat Bread</p>
Monday 26	Tuesday 27	Wednesday 28	 Thursday 29	Friday 30
<p>Chicken Dumplings Broccoli Apricots Juice Cup Wheat Bread</p>	<p>Italian Sausage Cream Parmesan Polenta Three Bean Salad Tropical Fruit Sub Roll/Mustard</p>	<p>Ham and Beans Mixed Vegetables Romaine Salad/Dressing Fresh Apple Buttermilk Corn Muffin</p>	<p>Lemon Pepper Chicken Rice Pilaf Capri Blend Strawberries Angel Food Cake White Roll</p>	<p>Cheese Lasagna Italian Blend Cherry Crisp Italian Bread Juice Cup</p>

Voluntary Action Center does not discriminate in admission to programs or treatment of employment in programs or activities in compliance with appropriate state and federal statutes. If you feel you have been discriminated against, you have a right to file a complaint with the Illinois Department on Aging. For more information, call Senior Helpline at 1-800-252-8966 (Voice and TT), NIAAA at 1-815-226-4901, or the Executive Director of Voluntary Action Center at 1-866-820-6641.

The Voluntary Action Center receives Title III Older Americans Act and State of Illinois General Revenue funds through the Northwestern Illinois Area Agency on Aging

Voluntary Action Center is a United Way Partner Agency



If you are homebound due to illness, disability or otherwise isolated, contact Meals on Wheels to arrange home delivery of your meals. 815.758.3932

In need of transportation?  
Call 815.758.6641



### Senior Luncheons

Offered to anyone age 60 and older, their spouses and all residents of the Hi-Rise Sites.

Suggested Lunch Contribution  
\$4.00

Guests under age 60 may dine at a cost of \$6.00

No one eligible for VAC services will be denied due to inability to contribute.

### Locations:

#### DeKalb Senior Center

815.758.1678

#### Taylor Street Plaza

815.748.5994

#### Fox Valley Older Adults

815.786.9404



Offering  
Meals on Wheels

Senior Transportation

Senior Luncheons

Serving DeKalb

To Reach Us 

Toll Free 1.866.820.6641

815.758.3932

Fax: 815.758.0202

Visit Us on the Web

[www.vacdk.com](http://www.vacdk.com)