








<i>Tell us what you think!</i>		<i>September is</i>		Friday 1
<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></p>	<p>People who eat a healthy, balanced diet with plenty of fruits and vegetables can lower their risk for:</p> <ul style="list-style-type: none"> -Heart Disease -Type 2 diabetes -Some types of cancer -Obesity -High Blood Pressure 	<p>Bratwurst on a Bun Potato Salad Corn on the Cob Fruit Cocktail Gelatin Cake</p>
Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
<p> CLOSED</p>	<p>Swedish Meatballs with Pasta Peas Juice Cup Peaches Wheat Bread</p>	<p>Scrambled Eggs Sausage Patties Breakfast Potatoes Tomato Juice Cinnamon Apples Biscuit</p>	<p>Seasoned Chicken Quarter Au Gratin Potatoes Mixed Vegetables Banana Wheat Roll</p>	<p>Tuna Salad on Wheat Bread Navy Bean Soup Coleslaw Mandarin Oranges Cookie</p>
Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
<p>Country Fried Steak with White Gravy Mashed Potatoes Pickled Beets Blushing Pears Biscuit</p>	<p>Stuffed Pollock with Tartar Sauce Diced Red Potatoes Broccoli Apricots Wheat Bread</p>	<p>Chicken Chili with White Beans Cucumber Dill Salad Pineapple Pudding Cup Corn Muffin</p>	<p>Meat Lasagna Casserole Italian Green Beans Spinach Salad/Dressing Orange Wheat Roll</p>	<p>BBQ Ham on Hawaiian Roll Baked Beans Cauliflower Strawberry-Rhubarb Crisp</p>
Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
<p>Beef Stroganoff with Pasta Spinach Applesauce Juice Cup/Breadstick</p>	<p>BBQ Chicken Quarter Roasted Potatoes Herbed Green Beans Fruit Cocktail Wheat Bread</p>	<p>Meatloaf with Gravy Mashed Potatoes Butter Beans Peaches Brownie/Bread</p>	<p>Chicken Salad on Wheat Bread Potato Soup 3 Bean Salad Fresh Plum</p>	<p>Pork Chop with Mushroom Gravy Scalloped Potatoes Carrots/Honeydew Wheat Roll</p>
Monday 25	Tuesday 26	Tuesday 27	Tuesday 28	Friday 29
<p>Ham with Pineapple Sauce Sweet Potatoes Peas & Onions Cinnamon Apple Slices Wheat Bread</p>	<p>Chicken Strips with Peppers and Onions Refried Beans Mandarin Oranges Juice Cup/Tortilla Sour Cream & Cheese</p>	<p>Roast Beef with Gravy Mashed Potatoes Riviera Blend Pineapple Frosted Cake Wheat Roll</p>	<p>Marinated Chicken Roasted Red Potatoes Brussels Sprouts Gelatin Salad Bread</p>	<p>Bourbon Pork Chop Rice Broccoli Romaine Salad/Dressing Tropical Fruit Wheat Bread</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
\$3.50

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 County



To Reach Us

Toll Free 1.866.820.6641

815.758.3932

Fax: 815.758.0202

Visit Us on the Web

www.vacdk.com