




Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Pork Roast with Gravy German Potato Salad Red Cabbage/Rye Bread Cinnamon Apples German Chocolate Cake	Vegetable Lasagna Broccoli Pineapple Wheat Roll Juice Cup	BBQ Chicken Potato Wedges Green Beans Tropical Fruit/Cupcakes White Dinner Roll	Ham and Potato Casserole Lima Beans Mandarin Oranges Wheat Bread	Tuna Salad Tomato Soup Potato Chips Fruit Cocktail Wheat Bread
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
Mostaccioli with Meat Sauce Spinach Sliced Peaches Cherry Italian Ice Italian Bread	Creamed Chicken Mashed Potatoes Peas Tropical Fruit Biscuit	Cheese Omelet Sausage Links Hash Browns Fruit Cocktail Tomato Juice Banana Bread	Bratwurst Baked Beans Coleslaw Apricots Hot Dog Bun/Mustard Cookie	Chicken Florentine Bow Tie Pasta Tossed Salad/Dressing Capri Blend Sliced Pears Wheat Bread
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
Chicken Quarter Scalloped Potatoes Baby Carrots Fruit Cocktail Wheat Bread	Beef Taco's/Tortilla Lettuce/Cheese Spanish Rice Refried Beans/Juice Pineapple	Salisbury Steak with Gravy Mashed Potatoes Broccoli Orange/Wheat Bread	Shaved Corned Beef Swiss Cheese/Sauerkraut Thousand Island Dressing Potato Wedges/Rye Bread Cinnamon Apples	Chicken Cordon Bleu with Pasta/Peas Romaine Salad/Dressing Gelatin Salad/Wheat Roll Orange Cranberry Cookie
Monday 23	Tuesday 24	<i>Happy Birthday</i> Wednesday 25	Thursday 26	Friday 27
Beef Patty Diced Red Potatoes Kidney Bean Salad Applesauce Hamburger Bun	Chicken Chili Corn Ambrosia Salad Corn Muffin	Pork Chop with Gravy Baked Sweet Potatoes Green Beans Tropical Fruit Frosted Cake Wheat Bread	Meatloaf with Ketchup Mashed Potatoes Broccoli Banana Caramel Pecan Bar Wheat Roll	Lemon Pepper Chicken Rice Pilaf Mixed Vegetables Spinach Salad/Dressing Blushing Pears Wheat Bread
Monday 30	Tuesday 31		<i>Tell us what you think!</i>	
Pulled Pork Baked Beans Coleslaw Apricots Kaiser Roll	Roast Beef with Gravy Monster Mashed Potatoes Screamed Green Beans Boo Berry Crisp Ice Cream Trick or Wheat Roll		Each day rate the menu: 1 (least favorite) To 5 (most enjoyed). 1  2  3  4  5 	At the end of the month, return the menu to us via your site coordinator or volunteer driver. 

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