




November

<i>Tell us what you think!</i>		Wednesday 1	Thursday 2	Friday 3
<p>Each day rate the menu: 1 (least favorite) To 5 (most enjoyed).</p> 	<p>At the end of the month, return the menu to us via your site coordinator or volunteer driver.</p> 	<p>Honey Ham with Pineapple Ring Au Gratin Potatoes Lima Beans Fresh Pear Wheat Bread</p>	<p>Chicken Fajitas with Peppers & Onions Spanish Rice Refried Beans Tropical Fruit/Juice Cup Tortilla/Sour Cream</p>	<p>Scampi Style Pollock Garden Vegetable Rice Peas and Carrots Orange Fruit Juice/Wheat Roll</p>
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
<p>Turkey Pot Roast Potato Wedges Baby Carrots Fruit Cocktail White Roll</p>	<p>Chicken Fried Steak with Gravy Mashed Potatoes California Blend Sliced Peaches White Roll</p>	<p>Paprika Chicken Quarter Potato Salad Zucchini & Tomatoes Banana White Bread</p>	<p>Meat Lasagna Green Beans Romaine Salad with Dressing Hawaiian Salad Italian Bread</p>	<p>Tuna Salad on Wheat Bun Navy Bean Soup Coleslaw Apricot Halves Cookie</p>
Monday 13	Tuesday 14	Wednesday 15 Thanksgiving Party	Thursday 16	Friday 17
<p>Swedish Meatballs Egg Noodles Brussels Sprouts Citrus Juice Green Apple Wheat Bread</p>	<p>BBQ Pork Chop Baked Beans Coleslaw Diced Peaches Wheat Bread</p>	<p>Roast Turkey, Gravy and Stuffing Mashed Potatoes Green Bean Casserole Pumpkin Bars Mandarin Oranges/Roll</p>	<p>Stuffed Pepper Casserole Cauliflower Apricot Halves Fruit Juice Wheat Bread</p>	<p>Chili with Beans Beef Hot Dog Corn/Cheese/Onions Pineapple Chunks Juice Cup Hot Dog Bun</p>
Monday 20	Tuesday 21	Wednesday 22 Birthday Party	Thursday 23	Friday 24
<p>Beef Stew, Potatoes and Carrots Mixed Vegetables Fruit Cocktail Wheat Bread Juice</p>	<p>Egg Frittatas with Ham and Cheese Hash Browns Mandarin Oranges Pumpkin Swirl Muffin Fruit Juice</p>	<p>Italian Beef with Pepperoncini Ranch Potato Wedges Stewed Tomatoes Cinnamon Apples Caramel Cake/Club Roll</p>		<p>CLOSED</p>
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	
<p>Creamed Chicken Mashed Potatoes Peas Tropical Fruit Biscuit</p>	<p>Corned Beef Red Potatoes Carrots and Cabbage Citrus Cup Rye Bread</p>	<p>Hungarian Goulash Succotash Spinach Salad/Dressing Blueberry Cheesecake Italian Bread</p>	<p>Baked Chicken Breast Potato Wedges Green Beans Applesauce 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