







Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
	Vegetable Lasagna Broccoli Pineapple Juice Cup Breadstick	Sloppy Joe's Ranch Potato Wedges Kidney Bean Salad Fresh Banana Hamburger Bun	Breaded Pork Chop Baked Beans Coleslaw Tropical Fruit Wheat Bread	Tuna Noodle Casserole Carrots Romaine Salad/Dressing Rice Pudding Juice Cup Wheat Roll
Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
Ham Loaf with Pineapple Sauce Baby Red Potatoes Brussels Sprouts Apple Rye Bread	Chicken Quarter American Fries Buttered Beans Fruit Cocktail Wheat Bread	Cheese Omelet Sliced Bacon Hash Browns Apricots Tomato Juice Cinnamon Coffee Cake	BBQ Ham Potato Wedges Cauliflower Gelatin Salad Hawaiian Bun	Luncheon Steak with Gravy Red Skinned Mashed Potatoes Pea Salad/Orange Wheat Roll/Cookie
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
Cheeseburger on a Bun Potato Salad Waxed Beans Fruit Cocktail Mustard, Ketchup, Lettuce and Pickle	Pollock with Lemon Butter Wild Rice/Wheat Bread Stewed Tomatoes Cinnamon Applesauce Juice Cup	Meatloaf with Ketchup Mashed Potatoes Peas Fresh Pear Frosted Brownie White Roll	Ham & Potato Casserole Three Bean Salad Mandarin Oranges Pumpkin Bar Garlic & Cheese Biscuit	Chicken Parmesan Fettuccini Noodles Italian Blend Romaine Salad/Dressing Grapes French Roll
Monday 22	Tuesday 23	Wednesday 24 <i>🎂 Birthday Party</i>	Thursday 25	Friday 26
Meatballs with Mushroom Gravy Buttered Egg Noodles Spinach Sliced Pears Italian Ice/Wheat Bread	Bratwurst Spatzel Red Cabbage Pineapple Juice Cup Hot Dog Bun	Roast Turkey with Gravy Sweet Potatoes French Cut Beans Strawberries Pound Cake Wheat Roll	BBQ Chicken Breast Potato Medley Lima Beans Orange Wheat Bread	Beef Taco's Lettuce/Cheese/Sour Cream/Tortilla Refried Beans Corn Fruit Cocktail/Juice Cup
Monday 29	Tuesday 30	Wednesday 31	<i>Tell us what you think!</i>	
Breaded Veal Pattie Baked Potato with Sour Cream Peas and Onions Ambrosia Salad Wheat Bread	Italian Chicken with Peppers and Onions Diced Red Potatoes Yellow Squash Peaches and Cottage Cheese/White Roll	Beef Chili Mixed Vegetables Apple Crisp Juice Cup Buttermilk Cornbread	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  
\$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 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](http://www.vacdk.com)