











	<p style="text-align: center;">Look for the Heart-Check mark to find products in the grocery store that can help you make smarter choices about the foods you eat.</p>		<p style="text-align: center;">Thursday 1</p> <p>Meatloaf with Ketchup Cheesy Potatoes Steamed Spinach Banana Wheat Bread</p>	<p style="text-align: center;">Friday 2</p> <p>Chicken BBQ Baked Beans Coleslaw Fruit Cocktail Chocolate Pudding Hamburger Bun</p> 
<p style="text-align: center;">Monday 5</p>	<p style="text-align: center;">Tuesday 6</p>	<p style="text-align: center;">Wednesday 7</p>	<p style="text-align: center;">Thursday 8</p>	<p style="text-align: center;">Friday 9</p>
<p>Salisbury Steak/Gravy Buttered Egg Noodles Three Bean Salad Sliced Peaches Juice Cup/Wheat Bread</p>	<p>Meatballs with Marinara and Mozzarella Potato Wedges Sliced Carrots Applesauce/Sub Roll</p>	<p>Scrambled Eggs Sausage Gravy American Fries Mandarin Oranges Buttermilk Biscuit Juice Cup</p>	<p>Honey Ham Baby Red Potatoes Lima Beans Fresh Pear Cookie Wheat Roll</p>	<p>Breaded Chicken Potato Salad Spinach Salad/Dressing Pineapple Hamburger Bun</p>
<p style="text-align: center;">Monday 12</p>	<p style="text-align: center;">Tuesday 13</p> 	<p style="text-align: center;">Wednesday 14</p> 	<p style="text-align: center;">Thursday 15</p>	<p style="text-align: center;">Friday 16</p>
<p>Baked Chicken Baked Potato/Sour Cream Stewed Tomatoes Fresh Orange Wheat Bread</p>	<p>Red Beans and Rice with Kielbasa Roasted Okra Tropical Fruit Hushpuppies King Cupcakes</p>	<p>Chicken Kiev Rice Pilaf Riviera Blend Blushing Pears Juice cup Dinner Roll/Cookie</p>	<p>Meat Lasagna Broccoli Romaine Salad/Dressing Apricots Italian Bread</p>	<p>Pollock Fillet Diced Red Potatoes Kidney Bean Salad Hawaiian Salad Wheat Bread</p>
<p style="text-align: center;">Monday 19</p>	<p style="text-align: center;">Tuesday 20</p>	<p style="text-align: center;">Wednesday 21</p> <p style="text-align: center;">Birthday 🎂 Party</p>	<p style="text-align: center;">Thursday 22</p>	<p style="text-align: center;">Friday 23</p>
<p>Chicken and Rice Casserole Cauliflower Fresh Apple Juice Cup Wheat Bread</p>	<p>Spaghetti with Meat Sauce Green Beans Caesar Salad/Dressing Pineapple French Roll</p>	<p>Roast Pork with Gravy Sweet Potatoes Buttered Beans Pumpkin Upside Down Cake Wheat Roll</p>	<p>Beef Hot Dog Chili Tri Taters Pea Salad Mandarin Oranges Bun/Cheese/Sour Cream</p>	<p>Tuna Salad Split Pea Soup Capri Blend Gelatin Salad Sourdough Bread Oyster Crackers</p>
<p style="text-align: center;">Monday 26</p>	<p style="text-align: center;">Tuesday 27</p>	<p style="text-align: center;">Wednesday 28</p>	<p style="text-align: center;"><u>Tell us what you think!</u></p>	
<p>BBQ Pork Chop Baked Beans Mixed Vegetables Cinnamon Apples Wheat Bread</p>	<p>Stuffed Green Pepper Casserole Spinach Apricots Juice Cup/Wheat Roll</p>	<p>Chicken Salad Navy Bean & Ham Soup Pickled Beets Fresh Banana Wheat Bun</p>	<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>   

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

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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