






Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Garlic Pork Chops Baked Beans California Blend Fresh Orange Wheat Bread	Meatballs with Marinara Potato Gnocchi Yellow Squash Ambrosia Salad Wheat Bread	Teriyaki Chicken Breast Steamed Rice Asian Salad Fruit Cocktail Wheat Bread Fortune Cookie	Italian Beef/Sub Bun Beer Battered Fries Pea Salad Sliced Pears Popcorn <i>White Sox Home Opener</i>	Stuffed Pollock Baked Potato with Sour Cream Sliced Carrots Lime Gelatin Salad Wheat Roll
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
Beef Franks Hot Dog Bun Tri Taters <i>Cubs Home Opener</i> 3 Bean Salad Fresh Apple Brownies/Mustard	Spaghetti with Meat Sauce Mixed Vegetables Romaine Salad/Dressing Tropical Fruit Italian Bread	Scrambled Eggs Sausage Links American Fries Apricots Bread Pudding Tomato Juice	Bavarian Honey Ham Sweet Potatoes Lima Beans Strawberry Craisins Rye Bread	Chicken Quarters Baby Red Potatoes Coleslaw Pineapple Wheat Bread
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
Sloppy Joe's Diced Red Potatoes Kidney Bean Salad Banana Hamburger Bun	Marinated Turkey Herbed Stuffing Broccoli Mandarin Oranges Pumpkin Cookie Wheat Bread	Beef Chili Cauliflower Fresh Grapes Juice Cup Buttermilk Cornbread	Roast Pork with Gravy Mashed Potatoes Brussels Sprouts Fruit Cocktail White Roll	Tuna Salad Cream of Broccoli Soup Pickled Beets Fresh Pear Wheat Bun
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
Beef & Lamb Gyro Greek Potatoes Steamed Peas Pineapple Tomato/Onion/Tzatziki Pita Pocket	BBQ Chicken Breast Baked Potato with Sour Cream 4 Bean Salad Applesauce Wheat Bread	Roast Beef with Gravy Red Mashed Potatoes Spinach Apricots Frosted Cake Wheat Roll	Beef Enchilada Bake Mexican Rice Corn Sliced Peaches Juice Cup	Chicken Alfredo Fettuccini Noodles French Green Beans Caesar Salad/Dressing Apple Crisp French Bread
Monday 30	<u>Tell us what you think!</u>			
Polish Sausage Potato Pancakes Red Cabbage Mandarin Oranges Wheat Bread	<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>		

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

To Reach Us 

Toll Free 1.866.820.6641

815.758.3932

Fax: 815.758.0202

Visit Us on the Web

www.vacdk.com