



Tell us what you think!	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
<p>Each day rate the menu: 1 (least favorite) to 5 (most enjoyed).</p> <p>1 2 3 4 5 </p>	<p>Seasoned Chicken Quarter Potato Wedges Baby Carrots Blushing Pears Wheat Bread</p> <p><i>Happy May Day</i></p>	<p>Salisbury Steak with Gravy Mashed Potatoes Brussel Sprouts Banana White Roll</p>	<p>BBQ Pork Chop Baked Beans Mixed Vegetables Fruit Cocktail Wheat Bread</p>	<p>Swedish Meatballs Egg Noodles Butter Beans Tropical Fruit Juice Cup/Cookie Wheat Roll</p>
Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11 <i>Mother's Day Party</i>
<p>Chicken Salad on a Pita Potato Soup 3-Bean Salad Strawberry Craisins</p>	<p>Ham Loaf with Pineapple Sauce Sweet Potatoes Lima Beans Applesauce/Rye Bread</p>	<p>Cheese Omelet Sausage Patty Hash Browns Apricots/Pumpkin Bread Tomato Juice</p>	<p>Cheeseburger on a Bun Waffle Cut French Fries Kidney Bean Salad Orange Onion/Pickle</p>	<p>Chicken Cordon Bleu Rice Pilaf Capri Blend/Dinner Roll Romaine Salad/Dressing Homemade Cheesecake with Blueberries</p>
Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
<p>Chili with Beans Corn Apple Fruit Juice Corn Muffin</p>	<p>BBQ Beef Garlic Potatoes Diced Beets Tropical Fruit Bun</p>	<p>Chicken Caesar Salad Cream of Broccoli Soup Sliced Peaches Bread Stick</p>	<p>Chicken Breast Fritter Mashed Potatoes with Gravy Stewed Tomatoes Banana Pudding Cup/Dinner Roll</p>	<p>Pollock Fillet with Tartar Sauce Baked Potato with Sour Cream Pea Salad/Fresh Grapes Wheat Bread</p>
Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25 <i>Memorial Day Party</i>
<p>Corned Beef Baby Red Potatoes Carrots and Cabbage Ambrosia Salad Rye Bread</p>	<p>Baked Ziti with Meat Sauce Green Beans Romaine Salad/Dressing Fresh Pear Italian Bread</p>	<p>Turkey Roast with Gravy Mashed Potatoes Peas and Onions Melon Wedge Jell-O Cake/Wheat Roll</p> <p> <i>Happy Birthday</i></p>	<p>Tuna Salad on Wheat Bread Tri Tators 4 Bean Salad Fruit Cocktail</p>	<p>Fried Chicken Potato Salad Baked Beans Patriotic Dessert Vanilla Ice Cream Biscuit & Honey</p>
Monday 28	Tuesday 29	Wednesday 30	Thursday 31	
<p> MEMORIAL DAY CLOSED Meal available upon request</p>	<p>Chicken Fajitas with Peppers and Onions Refried Beans Corn Orange/Tortilla Sour Cream/Cheese</p>	<p>Beef & Noodle Bake Cauliflower Spinach Salad/Dressing Pineapple Wheat Roll</p>	<p>Meatloaf with Gravy Mashed Potatoes Sliced Carrots Orange Jell-O Salad Wheat Bread</p>	<p>At the end of the month, return the menu to us via your site coordinator or volunteer driver</p> <p></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.

Reservations should be made by 10:00 am the day before.

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