






| Monday 2 | Tuesday 3 | Wednesday 4 | Thursday 5 | Friday 6 |
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| Beef Stir Fry Steamed Rice Oriental Vegetables Diced Pears Fruit Juice/Fortune Cookie | BBQ Chicken Potato Salad/Biscuit/Honey Baked Beans Sliced Melon Jell-O and Oreo Dream |  <i>Closed</i> <i>Meals available upon request</i> | Garlic Pork Chop Diced Potatoes Green Beans Fresh Banana Dinner Roll | Sloppy Joe/Bun Tri Taters Pea Salad Fruit Cocktail |
| Monday 9 | Tuesday 10 | Wednesday 11 | Thursday 12 | Friday 13 |
| Meatballs with Marinara Sauce Potato Wedges Mixed Vegetables Fresh Peach/Club Roll | Chicken Alfredo Casserole Italian Blend Romaine Salad/Dressing Tropical Fruit Wheat Bread | Cheddar Cheese Omelet Sausage Links Hash Browns Tomato Juice/Grapes Blueberry Muffin | Ham Loaf with Pineapple Sauce/Rye Bread Sweet Potatoes Kidney Bean Salad Pineapple Rings | Chicken Salad on Wheat Bun Navy Bean Soup Sliced Pears Cottage Cheese |
| Monday 16 | Tuesday 17 | Wednesday 18 | Thursday 19 | Friday 20 |
| Baked Mostaccioli with Mozzarella Cheese Brussel Sprouts Fruit Juice/Rhubarb Crisp Breadstick | Oven Roasted Chicken Wings Red Skin Potato Wedges 3-Bean Salad/Wheat Bread Mandarin Oranges | Beef Patty on a Bun Baked Beans Coleslaw Melon Slice Pickle and Onion | Chicken Caesar Salad with Dressing Cream of Potato Soup Gelatin Salad/Dinner Roll Parmesan/Croutons | Pollock Filet Rice Pilaf Pickled Beets Fresh Apple Fruit Juice/Wheat Bread |
| Monday 23 | Tuesday 24 | Wednesday 25 | Thursday 26 | Friday 27 |
| Kielbasa Sausage Potato Pancake Zucchini & Tomatoes Fresh Orange Wheat Bread | Meatloaf with Ketchup Yukon Gold Potatoes Lima Beans Nectarine Dinner Roll | <i>Happy Birthday</i>  Roast Beef with Gravy Red Skin Mashed Potatoes Broccoli Florets/Apple Frosted Cake/Dinner Roll | Fish Square/Bun Macaroni and Cheese Navy Bean Salad Fresh Strawberries Tartar Sauce | Marinated Chicken Baby Red Potatoes Cauliflower Apricots Wheat Bread |
| Monday 30 | Tuesday 31 | | Tell us what you think! 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. |
| Bacon, Lettuce and Tomato on Wheat Bread Macaroni Salad Yellow Squash Fresh Pear/Mayo | Cheese Stuffed Pasta with Meat Sauce Romaine Salad/Dressing Craisins Italian Bread | | | |

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

815.758.1678

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