




<b>Monday 3</b>	<b>Tuesday 4</b>	<b>Wednesday 5</b>	<b>Thursday 6</b>	<b>Friday 7</b>
<p><b>CLOSED</b></p> 	Beef Luncheon Steak with Gravy Mashed Potatoes Butter Beans Craisins Wheat Bread	BBQ Chicken Breast Parmesan Potato Half Spinach Pineapple Rings Wheat Roll	Pork Roast with Gravy Sweet Potatoes Mixed Vegetables Banana White Bread	Beef and Bean Enchilada Mexican Rice Corn Fruit Cocktail Fruit Juice
<b>Monday 10</b>	<b>Tuesday 11</b>	<b>Wednesday 12</b>	<b>Thursday 13</b>	<b>Friday 14</b>
Beef and Noodle Casserole Carrots Apricots Fruit Juice White Roll	Baked Chicken Quarter Baked Beans Broccoli Florets Melon Wedge Wheat Bread	Egg Patty with Cheese Bacon Hash Browns Nectarine Tomato Juice/Biscuit	Meat Lasagna Green Beans Romaine Salad Fresh Apple Bread Stick	Chicken Salad Black Bean Soup Coleslaw/Cookie Sliced Peaches Sourdough Bread
<b>Monday 17</b>	<b>Tuesday 18</b>	<b>Wednesday 19</b>	<b>Thursday 20</b>	<b>Friday 21</b>
Bratwurst with a Bun Potato Pancake 4 Bean Salad Fresh Plum Mustard	Beef Stroganoff with Egg Noodles Baby Carrots Spinach Salad/Dressing Grapes/White Roll	Meatloaf with Ketchup Mashed Potatoes Cucumber Salad Fresh Peach Wheat Roll	Chicken Spaghetti Casserole Stewed Tomatoes Mandarin Oranges Fruit Juice/Wheat Bread	Lemon Pepper Pollock Rice Pilaf Lima Beans Blueberry Crisp Wheat Bread
<b>Monday 24</b>	<b>Tuesday 25</b>	Happy Birthday <b>Wednesday 26</b>	<b>Thursday 27</b>	<b>Friday 28</b>
Oven Roasted Chicken Wings Potato Salad Cauliflower/Orange Wheat Bread	Philly Beef Steak Sandwich Baby Red Potatoes Pickled Beets Applesauce Hoagie Bun	Pork Chop with Mushroom Gravy Au gratin Potatoes 3 Bean Salad/Wheat Roll Blushing Pears/Cake	Cornmeal Catfish Filet Yukon Gold Potatoes Yellow Squash Tropical Fruit Wheat Bread	Ham Loaf with Pineapple Sauce Fresh Yam Baked Beans Gelatin Salad/Rye Bread
			<b>Tell us what you think!</b>	
			<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 TTY), 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.org](http://www.vacdk.org)