

Tell us what you think!				Thursday 1	Friday 2		
<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>				<p>Beef Hot Dog/Bun Baked Beans Coleslaw Sliced Pears Ketchup/Mustard</p>	<p>Scampi Style Pollock Hash Brown Casserole Sliced Zucchini Banana Wheat Roll</p>
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9			
<p>Beef Stew with Potatoes & Carrots Cauliflower Tropical Fruit Biscuit</p>	<p>Honey Garlic Chicken Potato Salad Lima Beans Apricots Wheat Bread</p> 	<p>Scrambled Eggs Bacon American Fries Pineapple/Tomato Juice Pumpkin Bread</p>	<p>Swedish Meatballs Buttered Egg Noodles 3-Bean Salad Cherry Crisp Wheat Roll</p>	 			
Monday 12	Tuesday 13	<i>Thanksgiving Party</i> Wednesday 14	Thursday 15	Friday 16			
<p>Baked Pork Chop Baked Beans Spinach Green Apple Wheat Bread</p>	<p>Baked Mostaccioli with Cheese Yellow Squash/Bread Stick Romaine Salad/Dressing Gelatin Salad</p>	<p>Roast Turkey, Stuffing and Gravy/Cranberry Sauce Mashed Potatoes Green Bean Almandine Pumpkin Bars/Wheat Roll</p>	<p>Potato Crunch Pollock Rice Pilaf/Broccoli Florets Banana Cream Pie Fluff Apple Juice Wheat Bread</p>	<p>Meatloaf with Ketchup Sliced Potatoes Kidney Bean Salad Peaches Wheat Bread</p>			
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23			
<p>Stuffed Pepper Casserole Mixed Vegetables Orange Fruit Juice White Roll</p>	<p>Marinated Chicken Yukon Gold Potato Wedges Brussel Sprouts Fruit Cocktail Wheat Bread</p>	<p>Ham Ball with Pineapple Sauce Au Gratin Potatoes 4 Bean Salad/Craisins Rye Bread</p>	<p><i>Closed Thanksgiving Day</i></p>  				
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30			
<p>Beef Chili with Beans Corn Fresh Pear Fruit Juice Corn Muffin/Crackers</p>	<p>Chicken BBQ on a Bun Ranch Potato Wedges Stewed Tomatoes Mandarin Oranges</p>	<p>Pork Roast with Gravy Brown Sugar Yams/Peas Applesauce Pumpkin Pecan Cake Dinner Roll</p>	<p>Meat Lasagna Green Beans Romaine Salad/Dressing Red Apple Italian Bread</p>	<p>Chicken Salad on a Wheat Bun Navy Bean & Ham Soup Pineapple Rings</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

815.787.6219



**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