


 Monday 1	 Tuesday 2 	 Wednesday 3	 Thursday 4	 Friday 5
Cheese Lasagna Spinach Fresh Pear Fruit Juice French Roll	Pork Schnitzel with Sauce Buttered Spätzle Red Cabbage Applesauce Gingersnap Cookie Pumpernickel Bread	Creamed Chicken and Biscuit Mashed Potatoes Lima Beans Gelatin Salad	Beef Patty/Bun Roasted Potatoes Baked Beans Craisins Pickle/Onion	Oven Roasted Chicken Rice Pilaf Carrots Fresh Apple Wheat Bread
 Monday 8	 Tuesday 9	 Wednesday 10	 Thursday 11	 Friday 12
Italian Sausage with Peppers & Onions Italian Potato Salad Italian Green Beans Fruit Cocktail/Italian Ice Italian Bread	Beef Chili with Beans Mixed Vegetables Romaine Salad/Dressing Mandarin Oranges Cornbread	French Toast Casserole Sausage Links Hash Browns Peaches with Cottage Cheese Fruit Juice	Baked Chicken Yukon Gold Potatoes Orzo & Garbanzo Bean Salad Sliced Pears Wheat Roll	Ham & Potato Casserole Butter Beans Banana Wheat Bread
 Monday 15	 Tuesday 16	 Wednesday 17	 Thursday 18	 Friday 19
Teriyaki Chicken Casserole Oriental Blend Fresh Plum Fruit Juice Wheat Bread	Garlic Pork Chop Baby Red Potatoes Kidney Bean Salad Pineapple White Roll	Roast Beef with Gravy Mashed Potatoes Green Beans Apple Crisp Wheat Roll	Shaved Corned Beef Rye Bread/Swiss Cheese Thousand Island Dressing Potato Wedges Sauerkraut Tropical Fruit	Tuna Salad on Wheat Bread Split Pea Soup Coleslaw Orange
 Monday 22	 Tuesday 23	 Wednesday 24	 Thursday 25	 Friday 26
BBQ Chicken Baked Beans Corn Peaches Wheat Bread	Meatball & Spinach Bake with Ziti Pasta Peas Romaine Salad/Dressing Banana/Wheat Roll	Sliced Ham Baked Sweet Potatoes Cauliflower Apricots/Wheat Bread Frosted Cake 	Beef Taco Spanish Rice Refried Beans Fresh Grapes Lettuce/Cheese/Tortilla	Breaded Pollock Macaroni & Cheese Broccoli Rhubarb Crisp Wheat Bread
 Monday 29	 Tuesday 30	 Happy Halloween Wednesday 31	Tell us what you think!	
Sloppy Joe/Bun Ranch Potato Wedges 3-Bean Salad Fresh Apple	Baked Chicken Breast with Gravy Mashed Potatoes Carrots Ambrosia Salad Wheat Bread	Spaghetti & Eyeballs Fried Toes Black Widow Potatoes Invisible Fruit Monster Mango Juice Candy Corn  Jell-O	<p>Each day rate the menu: 1 (least favorite) to 5 (most enjoyed).</p> <p>1  2  3  4  5 </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 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