

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
Country Fried Steak/Gravy Mashed Potatoes Sliced Carrots Tropical Fruit Wheat Bread	Spaghetti with Meat Sauce California Blend Romaine Salad/Dressing Apricots Bread Stick	Beef Patty on a Bun Potato-Bean Salad with Herb Dressing Sliced Zucchini Banana/Pickle/Onion	Baked Chicken Breast Baked Beans Peas Fruit Cocktail Wheat Roll	Ham Steak Au Gratin Potatoes Mixed Vegetables Grape Salad Rye Bread
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
Sticky Chinese Chicken White Rice/Wheat Bread Oriental Blend Mandarin Oranges Fortune Cookie	Meatloaf with Gravy Mashed Potatoes Cool Bean Salad Fresh Pear Wheat Roll	Egg, Ham & Cheese Casserole with Potatoes Tomato Juice Cinnamon Apple Salad Blueberry Muffin	Tilapia Filet Baby Red Potatoes Lima Beans Pineapple White Roll	Smoked Sausage Potato & Bacon Salad Spinach Creamy Cranberry Gelatin Salad/Wheat Bread
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
Chicken Tortilla Soup Kidney Bean Salad Fresh Apple Fruit Juice Wheat Roll	Bratwurst with Bun Potato Pancakes Stewed Tomatoes Clementine	Chicken Kiev Rice Pilaf Broccoli Florets Cinnamon Applesauce Chocolate Peppermint Mousse/Dinner Roll	Vegetable Lasagna Cauliflower Romaine Salad/Dressing Sliced Pears Italian Bread	Garlic Rosemary Pork Roast Potatoes with Caramelized Onion Black Bean Salad Wheat Bread/Craisins
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
		<i>Birthday Party</i>		<i>HAPPY NEW YEAR Party</i>
		Salisbury Steak/Gravy Scored Potatoes Corn/Fresh Pear Gingerbread Cake with Topping/Wheat Roll	Chicken Breast with Alfredo Sauce/Green Beans Fettuccini Noodles Orange Cranberry Salad with Honey/Wheat Bread	Roast Beef with Gravy Duchess Potatoes Buttered Brussel Sprouts Pumpkin Pie with Topping New Year's Snack Mix/Roll
Monday 31	Tuesday 1	Wednesday 2	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.

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, please 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