



Tell us what you think!				Friday 1
<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><u>Ways you can reduce your risk of heart disease</u></p> <ul style="list-style-type: none"> Manage Stress Levels Maintain a Healthy Body Weight Reduce your salt intake Get Enough Sleep 	<p>Bratwurst Potato Salad Red Cabbage Orange Mustard/Bun</p>
Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
<p>Baked Pollock Baked Potato with Sour Cream Sliced Carrots Fruit Cocktail/Wheat Bread</p>	<p>Meat Lasagna Green Beans Romaine Salad/Dressing Sliced Pears French Bread</p>	<p>French Toast Bake Bacon American Fries Tomato Juice Banana</p>	<p>BBQ Chicken Quarter Baked Beans Mixed Vegetables Craisins Wheat Roll</p>	<p>Meatloaf with Gravy Mashed Potatoes Kidney Bean Salad Pineapple White Bread</p>
Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
<p>Spaghetti with Meat sauce Cauliflower Fresh Pear Fruit Juice Italian Bread</p>	<p>Black Oak Ham Au Gratin Potatoes Butter Beans Tropical Fruit Rye Bread</p>	<p>Italian Chicken Breast with Peppers/Onions Potato Wedges Sliced Zucchini Apricots/Wheat Bread</p>	<p>Roast Beef with Gravy Mashed Potatoes Broccoli Florets Cherry Crisp with Ice Cream Dinner Roll <i>Happy Valentines Day</i></p>	<p>Tuna Salad Black Bean Soup Roasted Potatoes Gelatin Salad Wheatberry Bread</p>
Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
<p>Meatballs with Mushroom Gravy Egg Noodles 3-Bean Salad Mandarin Oranges Wheat Bread</p>	<p>Chicken Ala King Mashed Potatoes Spinach Diced Peaches Biscuit</p> <p><i>Happy Presidents Day</i></p>	<p>Pork Roast with Gravy Sweet Potatoes Corn with Red Pepper Cinnamon Apples Frosted Cake  Dinner Roll</p>	<p>Teriyaki Chicken White Rice Asian Blend Pineapple Fortune Cookie Wheat Bread</p>	<p>Ham & Potato Casserole Stewed Tomatoes Honey Lime Fruit Salad Hawaiian Bread</p>
Monday 25	Tuesday 26	Wednesday 27	Thursday 28	
<p>Cheeseburger Baked Beans Coleslaw Fresh Apple Bun Lettuce/Pickle</p>	<p>Stuffed Green Pepper Casserole Lima Beans Romaine Salad/Dressing Fruit Cocktail Wheat Bread</p>	<p>Baked Pork Chop Macaroni & Cheese Diced Beets Diced Pears Honey Wheat Bread</p>	<p>Marinated Chicken Breast Scored Potatoes Pea Salad Orange Dinner Roll</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, please call:
815-758-6641**

February

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