



Monday	Tuesday	Wednesday	Thursday	Friday
Each day rate the menu:				1
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.		 NATIONAL NUTRITION MONTH MARCH 2019 www.eatright.org #NationalNutritionMonth	Beef Hot Dog Ranch Potato Wedges Stewed Tomatoes Craisins Ketchup/Mustard/Bun
4	<i>Mardi Gras</i>	6	7	8
Meatball Sub with Marinara Sauce Potato Wedges California Blend Diced Peaches/Hoagie Bun	Red Beans & Sausage Okra Banana Bread Pudding Cheddar Corn Bread Fruit Juice	Potato Crunch Pollock Au Gratin Potatoes Peas Pineapple Wheat Roll	BBQ Chicken Quarter Baked Beans Sliced Carrots Fresh Pear Wheat Bread	Cheese Lasagna Italian Blend Romaine Salad/Dressing Tropical Fruit Italian Bread
11	12	13	14	15
Baked Pork Chop Yukon Gold Potatoes 3-Bean Salad Apricots White Roll	Chicken Parmesan Fettuccini Noodles Yellow Squash Sliced Pears Fruit Juice/Wheat Bread	Ham Loaf with Pineapple Sauce Fresh Yams Spinach Banana/Potato Roll	Sloppy Joe on a Bun Rosemary Potatoes Coleslaw Fruit Cocktail	Corned Beef Red Potatoes Cabbage & Carrots Green Apple/Rye Bread Layered Gelatin Salad
18	19	20	21	22
BBQ Pork on a Bun Potato Salad Cauliflower Fresh Grapes	Beef Stew with Potatoes and Carrots Green Beans Mandarin Oranges Garlic Cheese Biscuit	Turkey Roast with Gravy Mashed Potatoes Broccoli Strawberries/Cake Wheat Roll	Beef Enchilada Bake with Beans Corn/Sour Cream Orange Fruit Juice	Lemon Pepper Pollock Wild Rice Kidney Bean Salad Apple crisp Wheat Bread
25	26	27	28	29
Beef & Noodle Casserole Lima Beans Tropical Fruit Fruit Juice Wheat Roll	Scrambled Eggs Sausage Links Hash Browns Pineapple/Tomato Juice Amish Cinnamon Bread	Baked Mostaccioli with Cheese Sliced Zucchini Romaine Salad/Dressing Bread Stick	Baked Chicken Breast Sliced Potatoes Mixed Vegetables Gelatin Salad Sweet Yeast Roll	Egg Salad Vegetarian Bean Soup Red Diced Potatoes Fresh Apple Brioche Bread

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