



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Beef Chili with Beans Cauliflower Fruit Cocktail Buttermilk Cornbread 	Swedish Meatballs Buttered Egg Noodles Spinach Blushing Pears Fruit Juice/Wheat Bread	BBQ Chicken Parmesan Potato Half Broccoli Florets Apricots Wheat Roll	Bratwurst/Bun/Relish Baked Beans Coleslaw Fruit Kabob Popcorn 	Stuffed Pollock Yukon Gold Potatoes Stewed Tomatoes Banana Wheat Bread
8	9	10	11	12
<i>Cubs Home Opener</i> Italian Beef/Club Roll Potato Salad Corn on the Cob Baseball Cupcakes Apple 	Bourbon Chicken Sliced Potatoes Green Beans Tropical Fruit White Bread	Cheese Omelet Bacon American Fries Mandarin Oranges Tomato Juice/Muffin	Spaghetti/Meat Sauce Sliced Carrots Romaine Salad/Dressing Pineapple Italian Bread	Tuna Salad Cream of Potato Soup Kidney Bean Salad Blueberry Crisp Kaiser Roll
15	16	17	18	19
Baked Chicken Breast Macaroni & Cheese Baked Beans Diced Pears Wheat Bread	Meatloaf with Gravy Mashed Potatoes Lima Beans Orange Wheat Roll	<i>EASTER PARTY</i> Honey Glazed Ham Brown Sugar Yams Brussel Sprouts Cinnamon Apple Slices Jell-O Cake Pumpernickel Bread 	Bow Ties with Sausage and Tomato Sliced Zucchini Banana Fruit Juice Wheat Bread	Vegetable Lasagna Italian Blend Romaine Salad/Dressing Craisins French Bread 
22	23	24	25	26
Country Fried Steak with Gravy Mashed Potatoes Mixed Vegetables Applesauce/Wheat Bread	Cornflake Chicken Baby Red Potatoes Butter Beans Sliced Peaches White Bread	Garlic Pork Chop Baked Potato/Sour Cream Broccoli Florets Mandarin Oranges Frosted Cake/Dinner Roll 	BBQ Ham Waffle Fries Pickled Beets Fresh Pear Hawaiian Roll	Chicken Taco Refried Beans Corn Gelatin Salad Lettuce/Cheese/Tortilla
29	30	Each day rate the menu:		
Beef Stroganoff with Egg Noodles Peas/Fruit Cocktail Juice/Wheat Bread	Cheeseburger/Bun Tri Taters/Pickle/Onion 3-Bean Salad Grapes	1(least favorite) to 5(most enjoyed) 		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