





Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<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>Baked Chicken Potato Wedges Sliced Carrots Mandarin Oranges Wheat Bread</p> 	<p>BBQ Pork Chop Baked Beans Parmesan Potato Half Banana Wheat Roll</p>	<p>Cheese Lasagna Italian Blend Lettuce Salad/Dressing Sliced Peaches Italian Bread</p>
6	7	8	9	HAPPY MOTHER'S DAY 10
<p>Chicken Salad Potato Soup Butter Beans Tropical Fruit Wheat Bread</p>	<p>Meatballs with Gravy Egg Noodles Peas Diced Peaches Roll</p>	<p>Cheese Omelet Sausage Gravy/Biscuit Hash Browns Apricots Tomato Juice</p>		<p>Chicken Kiev Rice Pilaf/Riviera Blend Romaine Salad/Dressing Homemade Cheesecake Blueberries/Dinner Roll</p>
13	14	15	16	17
<p>Chicken Parmesan Fettuccini Noodles Spinach Fruit Cocktail White Bread</p>	<p>Ham Loaf with Sauce Sweet Potatoes Lima Beans Applesauce Rye Bread</p>	<p>Salisbury Steak/Gravy Sliced Potatoes Cauliflower Fresh Pear Dinner Roll</p>	<p>Pollock filet Diced Red Potatoes Stewed Tomatoes Peach Crisp Wheat Bread</p>	<p>Meatloaf with Ketchup Mashed Potatoes 3-Bean Salad Pineapple Wheat Bread</p>
20	21	Happy Birthday! 22	23	<i>Memorial Day Party</i> 24
<p>Teriyaki Chicken Steamed Rice Oriental Blend Craisins Fruit Juice/Wheat Bread</p>	<p>Baked Mostaccioli Broccoli Romaine Salad/Dressing Fresh Orange French Bread</p>	<p>Roast Beef with Gravy Mashed Potatoes Kidney Bean Salad Melon Wedge Jell-O Cake/Wheat Roll</p>	<p>Italian Chicken with Peppers & Onions Baby Red Potatoes Sliced Zucchini Gelatin Salad/Wheat Bread</p>	<p>Beef Hot Dog/Bun Potato Salad/Baked Beans Strawberries Vanilla Ice Cream  Ketchup/Mustard/Relish</p>
27	28	29	30	31
 CLOSED FOR THE HOLIDAY	<p>Smoked Kielbasa Macaroni & Cheese Mixed Vegetables Apple Fruit Juice/White Bread</p>	<p>Chicken Caesar Salad Split Pea Soup Mandarin Oranges Breadstick</p>	<p>BBQ Pork/Bun Sliced Potatoes Sliced Beets Blushing Pears</p>	<p>Beef Taco Refried Beans/Corn Apricots Tortilla/Lettuce/Cheese Sour Cream</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**



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