












Monday	Tuesday	Wednesday	Thursday	Friday
1	2	<i>Independence Day Party</i> 3	4	5
Polish Sausage German Potato Salad Red Cabbage Sliced Peaches Wheat Bread	Chicken Noodle Casserole Mixed Vegetables Craisins/Dinner Roll Fruit Juice	Fried Chicken  Baked Beans Cantaloupe Wedge Firework Cookie Buttermilk Biscuit/Honey	 <i>Closed for the Holiday</i>	Tuna Salad Potato Salad 3-Bean Salad Fresh Nectarine Wheatberry Bread
8	9	10	11	12
Breaded Veal Patty Diced Red Potatoes Kidney Bean Salad Fresh Plum Wheat Bread	Baked Ziti with Meat Sauce/Italian Bread Butter Beans Romaine Salad/Dressing Tropical Fruit	Ham & Cheese Omelet American Fries Tomato Juice Orange Coffee Cake	Chicken Fried Rice Sugar Snap Peas Pineapple Rings Fortune Cookie Fruit Juice/Wheat Bread	 <i>Cook's Choice</i>
15	16	17	18	19
Beef Hot Dog on a Bun Baked Beans Coleslaw Apple Ketchup/Mustard/Relish	Ham Loaf with Pineapple Sauce Au Gratin Potatoes Spinach/Rye Bread Mandarin Oranges	BBQ Chicken Quarter Macaroni & Cheese Marinated Tomatoes & Cucumber Salad Cherry Crisp/Wheat Bread	Stuffed Peppers with Sauce Mashed Potatoes Cauliflower/Dinner Roll Fresh Blueberries	Crab Cake with Tartar Sauce/Wheat Bread Yukon Gold Potatoes Lima Beans Gelatin Salad
22	23	<i>Happy Birthday</i> 24	25	26
Braised Beef Tips with Mushroom Gravy Egg Noodles Sliced Zucchini Sliced Pears/Dinner Roll	Cheese Lasagna Broccoli Romaine Salad/Dressing Applesauce French Bread	Pork Roast with Gravy  Sweet Potatoes Green Beans/Peaches Pineapple Upside Down Cake/Dinner Roll	Breaded Chicken Patty Cheesy Hash Browns 4-Bean Salad Banana Bun/Mayo	Corned Beef Baby Red Potatoes Cabbage & Carrots Fresh Peach Rye Bread
29	30	31	<i>Each day rate the menu:</i>	
Baked Chicken Breast Potato Wedges Corn Fruit Cocktail Wheat Bread	Baked Pork Chop Baked Potato with Sour Cream Stewed Tomatoes Melon Slice/Dinner Roll	Meatloaf with Gravy Mashed Potatoes Peas Fresh Pear Wheat Bread	<p><i>1 (least favorite) to 5 (most enjoyed)</i></p> <p>1  2  3 </p> <p>4  5 </p>	
			<i>At the end of the month, return the menu to us via your site coordinator or volunteer driver.</i>	

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



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

**In need of transportation, please call:
815-758-6641**