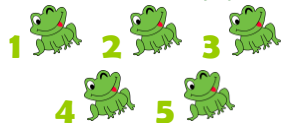
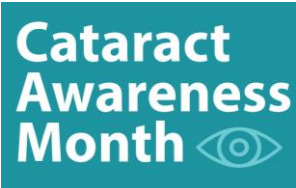




Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Chicken Ala King Mashed Potatoes Lima Beans Craisins Biscuit	Bratwurst/Bun Buttered Spatzel Red Cabbage Pineapple Mustard	Baked Ham Au gratin Potatoes Baked Beans Banana Rye Bread	Veal Parmesan Spaghetti Noodles Italian Blend/White Bread Fruit Cocktail/Fruit Juice	Stuffed Pollock Potato Wedges Peas Pineapple Dinner Roll
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Paprika Chicken Potato Salad Spinach Applesauce White Bread	Spaghetti/Meat Sauce Mixed Vegetables Romaine Salad/Dressing Sliced Pears Italian Bread	Scrambled Eggs Canadian Bacon American Fries Tomato Juice/Muffin Mandarin Oranges	Cornflake Chicken Baked Beans Coleslaw Orange Wheat Bread	Pork Tenderloin Stuffing & Rice Herb Green Beans Strawberry Shortcake with Ice Cream/Dinner Roll <i>Happy Father's Day!</i>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Meatballs with Mushroom Gravy Egg Noodles Butter Beans/Dinner Roll Diced Peaches/Fruit Juice	Beef Pot Roast with Potatoes & Carrots Stewed Tomatoes Tropical Fruit Dinner Roll	Teriyaki Chicken Rice Oriental Blend Rhubarb Crisp Wheat Bread	Bacon, Lettuce & Tomato On Wheat Bread Diced Potatoes Pea Salad Apple/Mayo	Meatloaf with Ketchup Mashed Potatoes Broccoli Grapes Wheat Bread
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Lemon Pepper Chicken Rice Pilaf Sliced Zucchini Orange/Fruit Juice Dinner Roll	Country Fried Steak with Gravy/White Bread Mashed Potatoes Kidney Bean Salad Watermelon	Turkey Roast with Gravy Brown Sugar Yams Carrots Fruit Cocktail Cake/Dinner Roll <i>Happy Birthday</i>	BBQ Pork Chop Parmesan Potato Half Baked Beans Gelatin Salad Dinner Roll	Meat Lasagna Italian Green Beans Romaine Salad/Dressing Fresh Pear French Bread
<u>Each day rate the menu:</u>		<u>June is.....</u>	<u>What is a cataract?</u>	
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.		A cataract is a clouding of the lens in the eye that affects vision. Most cataracts are related to aging. Cataracts are very common in older people.	. By age 80, more than half of all Americans either have a cataract or have had cataract surgery A cataract can occur in either one or both eyes.

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](http://www.vacdk.org)