



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Each day rate the menu:</b>				
<p>1 (least favorite) to 5 (most enjoyed)</p>	<p>At the end of the month, return the menu to us via your site coordinator or volunteer driver.</p>		1	2
5	6	7	8	9
Chicken Caesar Salad Cream of Potato Soup Mandarin Oranges Dressing/Croutons Parmesan Cheese/Roll	Cheeseburger/Bun Waffle Fries Corn Diced Pears Lettuce/Onion/Pickle	Scrambled Eggs Sausage Gravy Hash Browns Banana Tomato Juice/Biscuit	Cornflake Chicken Diced Potatoes Kidney Bean Salad Fresh Melon Sourdough Bread	BBQ Pork Chop Parmesan Potato Half Green Beans Nectarine Wheat Bread
12	13	14	15	16
Lemon Pepper Chicken Breast Yukon Gold Potatoes Stewed Tomatoes Fresh Orange Wheat Bread	Sliced Ham 3-Bean Salad Pineapple Tidbits Rye Bread Juice Cup	<div style="border: 1px solid black; padding: 5px; text-align: center;">             KITCHEN CLOSED TODAY              FOR REPAIRS           </div>		Tuna Salad Split Pea Soup Sliced Potatoes Craisins White Bread
19	20	21	22	23
Beef Pot Roast/Gravy Red Potatoes Carrots Applesauce Dinner Roll	Baked Chicken Quarter Baked Beans Sliced Tomatoes Fresh Pear Oatmeal Bread	Roast Beef with Gravy Red Mashed Potatoes Broccoli Fruit Cocktail Cake Dinner Roll	Baked Pollock Macaroni & Cheese Pea Salad Tartar Sauce Mandarin Oranges Wheat Bread	BBQ Pulled Pork/Bun Potato Salad Corn on the Cob Fresh Melon Funnel Cake Cupcakes
26	27	28	29	30
Ham & Beans Sliced Beets Tropical Fruit Corn Muffin	Meatloaf with Ketchup Mashed Potatoes Spinach/Dinner Roll Fresh Plum	Baked Chicken Breast Potato Wedges Lima Beans Diced Peaches Dinner Roll	Swedish Meatballs Buttered Egg Noodles Sliced Zucchini Apple Crisp/Bread	Vegetable Lasagna Peas Romaine Salad/Dressing Apricots French Roll

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)