


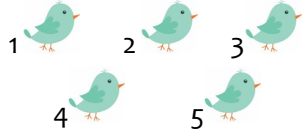



Monday	Tuesday	Wednesday	Thursday	Friday	
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	
	Beef Hot Dog/Bun Baked Beans Corn Apple Ketchup/Mustard	Ritz Chicken Casserole Mashed Potatoes Broccoli Fruit Cocktail Wheat Roll	Italian Sausage with Marinara Sauce Parmesan Potato Half Pea Salad Sliced Pears/Hoagie Roll	BBQ Chicken Macaroni Salad Carrots Orange Wheat Bread	
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	
Ham Loaf with Pineapple Sauce Au gratin Potatoes Sliced Beets Nectarine Rye Bread	Chicken Cordon Bleu Rice Pilaf Green Beans Banana Fruit Juice/Dinner Roll	Beef & Potato Casserole Stewed Tomatoes Fresh Melon Wheat Bread	Cheese Lasagna Spinach Romaine Salad/Dressing Diced Peaches Italian Bread	Chicken Salad Cream of Broccoli Soup Kidney Bean Salad Craisins Oatmeal Bread	
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	
Seasoned Pork Chop Yukon Gold Potatoes 3-Bean Salad Fresh Pear Sourdough Bread	Baked Mostaccioli with Cheese Italian Blend Romaine Salad/Dressing Pineapple/French Roll	Egg Casserole with Ham & Cheese Hash Browns Mandarin Oranges Tomato Juice/Blueberry Muffin		Lemon Pepper Pollock Baked Potato/Sour Cream Lima Beans Applesauce Wheat Bread	
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	
Chicken Teriyaki White Rice Oriental Blend Tropical Fruit Fruit Juice/Wheat Bread	Meatloaf with Gravy Mashed Potatoes Peas Diced Pears Dinner Roll	Turkey Roast with Gravy Yams Sliced Zucchini Fresh Melon Cake/Wheat Roll		Sloppy Joe/Bun Baked Beans Mixed Vegetables Cherry Crisp	Cod Filet Potato Salad Sliced Tomatoes Gelatin Salad Peanut Butter/Wheat Bread
<b>30</b>			Each day rate the menu		
Salisbury Steak with Gravy Mashed Potatoes Cauliflower Orange Wheat Bread		Sunday, September 8 <sup>th</sup> is Grandparents Day	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](http://www.vacdk.org)