

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>Tell us what you think!</b>		<b>1</b>
	<b>1 (least favorite) to 5 (most favorite)</b> 1  2  3  4  5 			Beef Patty/Bun Potato Salad Mixed Vegetables Fruit Cocktail Ketchup/Mustard/Pickle
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Beef Luncheon Steak Mashed Potatoes Cauliflower Apricots 	Chicken Noodle Casserole Green Beans Apple Fruit Juice/Wheat Bread	Chicken Taco Refried Beans Corn Pineapple Lettuce/Cheese/Tortilla 	BBQ Ham on Hawaiian Roll Scalloped Potatoes 3 Bean Salad Tropical Fruit	Cheese Lasagna Italian Blend Romaine Salad/Dressing Craisins Garlic Bread/Cookie
<b>11</b>	<b>12</b>	<b>Christmas Celebration 13</b>	<b>14</b>	<b>15</b>
Rosemary & Lime Chicken Sweet Potatoes Peas Mandarin Oranges Roll	Scrambled Eggs Sausage Gravy American Fries Orange Juice Banana/Biscuit	Roast Beef w/Gravy Mashed Potatoes Glazed Carrots Spiced Apples Gingerbread Cake/Roll	Bourbon Chicken Rice Broccoli Diced Pears Wheat Bread 	Egg Salad Cream Of Potato Soup Sliced Zucchini Diced Peaches Wheat Bread
<b>18</b>	<b>19</b>	<b>Happy Birthday 20</b>	<b>21</b>	<b>22</b>
Baked Chicken Red Potatoes Spinach Fruit Cocktail Wheat Bread	Sweet & Sour Meatballs Rice Asian Blend Applesauce Fruit Juice/Wheat Bread	BBQ Pork Chop Baked Potato/Sour Cream Stewed Tomatoes Sliced Peaches Roll	Meatloaf w/Ketchup Mashed Potatoes Kidney Bean Salad Orange Bread Pudding	Fish Sandwich Macaroni & Cheese Coleslaw Tropical Fruit Tartar Sauce/Bun
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>New Year's Celebration 29</b>
	<b>CLOSED</b> 	Smoked Sausage Baked Beans Red Cabbage Fresh Pear Wheat Bread 	Mostaccioli w/Meat Sauce Italian Green Beans Romaine Salad/Dressing Pineapple/Breadstick	Pork Tenderloin Potatoes w/Caramelized Onions Brussel Sprouts/Roll Cherry Cobbler/Ice cream

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:  
815-758-3932**



### **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:**

#### **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)