







Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
VAC CLOSED FOR HOLIDAY 	Creamed Chicken Mashed Potatoes Peas Apple Biscuit	Teriyaki Chicken Steamed Rice Stir Fry Blend Mandarin Oranges Fortune Cookie	Vegetable Lasagna Capri Blend Tossed Salad w/Dressing Craisins Breadstick	Beef Chili w/Beans Carrots Sliced Pears Corn Muffin 
8	9	10	11	12
Baked Chicken Potato Medley Green Beans Tropical Fruit Roll	Scrambled Eggs Bacon Hashbrowns Orange Juice Pineapple Donut	Beef Stroganoff w/Egg Noodles Cauliflower Diced Peaches Fruit Juice/Roll	Beef Taco Lettuce/Cheese Mexican Rice Corn Fresh Pear	Fish Filet Wild Rice Coleslaw Applesauce Tartar Sauce/Bread
15	16	17	18	19
Bratwurst Potato Salad Red Cabbage Fruit Cocktail Bun/Mustard	Swedish Meatballs Buttered Noodles Mixed Vegetables Fruit Juice Apricots/Roll	Ham Loaf Au Gratin Potatoes Baked Beans Banana Rye Bread	BBQ Chicken Baked Potato with Sour Cream Pea Salad Sliced Apples/Roll	Chicken Salad Diced Potatoes Cream Of Broccoli Soup Mandarin Oranges Wheat Bread
22	23	24	25	26
Sloppy Joe/Bun Waffle Fries Sliced Zucchini Diced Pears	Chicken & Rice Casserole Spinach Fruit Juice Orange Roll 	HAPPY BIRTHDAY Pork Roast w/Gravy Sweet Potatoes 3 Bean Salad Applesauce Roll Cake	Cornflake Chicken Macaroni Salad Stewed Tomatoes Pineapple Bread	BBQ Pork Riblets Yukon Gold Potatoes Corn Fruit Cocktail Roll
29	30	31	Tell us what you think! 1 (least favorite) to 5 (most favorite) 	
Garlic Pork Chop Parmesan Potatoes Broccoli Apple Roll 	Corned Beef Red Potatoes Baby Carrots Sliced Peaches Rye Bread	Spaghetti w/Meat Sauce Green Beans Tossed Salad/Dressing Craisins Italian Bread	At the end of the month, return the menu to us via your site coordinator or volunteer driver. Menu subject to change without notice 	

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:
815-787-6219**



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