








2024

Senior Luncheon Program/Meals on Wheel Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	Tell us what you think!		1	2
<p>At the end of the month, return the menu to us via your site coordinator or volunteer driver.</p> 	<p>1 (least favorite) to 5 (most favorite)</p> 		Beef Patty/Bun Waffle Fries Mixed Vegetables Mandarin Oranges Pickle/Onion	Baked Chicken Breast Yukon Gold Potatoes Pea Salad Tropical Fruit Roll 
5	6	7	8	9
Meatballs w/Marinara Potato Wedges 3 Bean Salad Sliced Pears Mozzarella/Club Roll	Cheese Omelet Hashbrowns Orange Juice Pineapple Muffin	Baked Chicken Macaroni Salad Broccoli Banana Roll	Ziti w/Meatsauce Italian Blend Romaine Salad w/Dressing Craisins/Garlic Bread	Beef Stir Fry Rice Oriental Blend Apricots/Fruit Juice Fortune Cookie
12	13	ASH WEDNESDAY 14	15	16
BBQ Chicken Potato Salad Peas Applesauce Roll	Sausage with Beans & Rice Okra/Fruit Cocktail Bread Pudding Hushpuppies 	Chicken Kiev Rice Pilaf Baby Carrots Diced Peaches Cherry Cobbler Roll <p>Happy Valentine's Day</p>	Beef Taco/Tortilla Refried Beans Corn Orange Lettuce/Cheese	Tuna Salad Sliced Potatoes Vegetable Soup Fresh Pear Crackers/Wheat Bread
19	20	Happy Birthday 21	22	23
Chicken Ala King Mashed Potatoes Spinach Pineapple Wheat Bread	Sliced Ham Scalloped Potatoes Coleslaw Mandarin Oranges Hawaiian Roll	Turkey Loaf w/Gravy Sweet Potatoes Brussel Sprouts Diced Pears Cake/Roll	Roasted Chicken Wings Red Potatoes Cauliflower Gelatin Salad/Bread	Cheese Lasagna Italian Green Beans Romaine/Dressing Apple Breadstick
26	27	28	29	
Beef Stew with Potatoes, Peas & Carrots Green Beans Orange/Biscuit	Stuffed Pepper Casserole Sliced Zucchini Fruit Juice Tropical Fruit Roll	Smoked Kielbasa Baked Beans Mixed Vegetables Sliced Apples Wheat Bread	Baked Pork Chop Baked Potato Kidney Bean Salad Craisins Roll/Sour Cream	Menus subject to change

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