




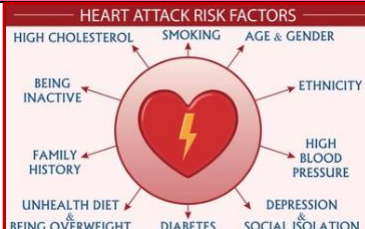







Monday	Tuesday	Wednesday	Thursday	Friday
Tell us what you think			1	2
<p>1 (least favorite) to 5 (most favorite)</p> <p>1  2  3 </p> <p> </p>	<p>At the end of the month, return the menu to us via your site coordinator or volunteer driver.</p>		<p>Beef Patty/Bun Waffle Fries Mixed Vegetables Mandarin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

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), WIAAA at 1-800-322-1051, 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 **Western 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.  
815.883-3630



### **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:**

Ravlin Center (Ottawa)  
815.434.0110

Fornof Manor (Streator)  
815.672.7352

LaSalle  
815.883.3630



### **Offering**

Meals on Wheels

Senior Luncheons

Serving the Counties of

**La Salle**  
**Putnam**  
**Bureau**

To Reach Us

1.815.883.3630

Visit Us on the Web

[www.vacdk.org](http://www.vacdk.org)

