








2024

Senior Luncheon Program/Meals on Wheel Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
1 (least favorite) to 5 (most favorite)  At the end of the month, return the menu to us via your site coordinator or volunteer driver.				Egg Salad Cream Of Potato Soup Mixed Vegetables Applesauce/Crackers Brioche Roll
4	5	6	7	8
Meatballs w/Gravy Mashed Potatoes 3 Bean Salad Mandarin Oranges Dinner Roll	Chicken Parmesan Spaghetti Italian Blend Diced Pears Italian Bread	Beef Hot Dog/Bun Baked Beans Cauliflower Sliced Peaches Ketchup/Mustard/Pickle	Scrambled Eggs Sausage Patties Hashbrowns Banana Donut	Baked Fish Wild Rice Broccoli/Tropical Fruit Tartar Sauce Wheat Bread
11	12	13	14	15
Breaded Chicken Filet Potato Salad Sliced Zucchini Apricots Wheat Bread	Ham & Beans Stewed Tomatoes Fruit Cocktail Corn Bread	Sloppy Joe/Bun Potato Wedges Kidney Bean Salad Apple Cobbler	Chicken Noodle Casserole Green Beans Orange Fruit Juice	Corned Beef/Rye Bread Red Potatoes Cabbage & Carrots Fruited Lime Gelatin Salad Cookie
18	19	20	21	22
Baked Chicken Yukon Gold Mix Vegetables Fresh Pear Dinner Roll	Ham Loaf Scalloped Potatoes Pea Salad Pineapple Rye Bread 	Roast Loaf w/Gravy Sweet Potatoes Spinach Diced Peaches/Cake/Roll	Chicken Taco Spanish Rice Corn Mandarin Oranges Lettuce/Cheese/Tortilla	Cheese Lasagna Italian Green Beans Romaine Salad/Dressing Fruit Cocktail Breadstick
25	26	27	28	29
Chicken & Dumplings Carrots Apple Fruit Juice Wheat Bread	BBQ Pork Chop Baked Potato w/Sour Cream Coleslaw/Roll Cinnamon Applesauce	Happy Birthday Roast Beef w/Gravy Red Mashed Potatoes Brussel Sprouts Tropical Fruit/Cake/Roll 	Cornflake Chicken Macaroni Salad Lima Beans Craisins Wheat Bread	Scrambled Egg Bake American Fries Grapes Bagel/Cream Cheese

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