



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Country Fried Steak w/Gravy Mashed Potatoes Broccoli Sliced Pears/Bread	Philly Steak Sandwich Ranch Potato Wedges Coleslaw Fruit Cocktail/Roll	Chicken Parmesan/Spaghetti Italian Blend Romaine Salad/Dressing Orange/Garlic Bread	Smoked Bratwurst/Bun German Potato Salad Peas Tropical Fruit/Mustard	Baked Chicken Breast Parmesan Potatoes Pickled Beets Apple/Roll
8	9	10	11 Happy Birthday	12
Sweet & Sour Meatballs Rice Oriental Blend Mandarin Oranges Bread	Chicken Tenders Baked Beans Sliced Zucchini Sliced Peaches Ranch Dressing/Bread	Baked Pork Chop Baked Potato/Sour Cream Mixed Vegetables Applesauce Roll	Chicken Salad/Croissant Cream Of Potato Soup Pea Salad Fresh Fruit Bunny Brownie Bites	Turkey Loaf w/Gravy Stuffing Corn Fruit Cocktail Fruit Juice/Roll
15	16	17	18	19
Beef Patty/Bun Roasted Potatoes Carrots Craisins Pickle	Sliced Ham Au Gratin Potatoes Spinach Tropical Fruit Rye Bread	BBQ Chicken Quarter Potato Salad Green Beans Peach Cobbler/Ice Cream Roll	Baked Fish Wild Rice Pea Salad Banana Tarter Sauce/Bread	Meat Lasagna Italian Green Beans Romaine Salad/Dressing Apricots Italian Bread
22	23	24	25	26
Paprika Chicken Breast Yukon Gold Potatoes Stewed Tomatoes Diced Peaches Bread	Meatloaf w/Gravy Mashed Potatoes Cauliflower Grapes Roll	Beef Stroganoff w/Egg Noodles Broccoli Fruit Juice/Pineapple Dinner Roll/Cake	Chicken & Dumplings Kidney Bean Salad Applesauce Biscuit Fruit Juice	Chicken Salad Red Potatoes Split Pea Soup Fresh Pear Bread
29	30			
Beef Fajitas w/Pep & Onion Refried Beans Corn Mandarin Oranges Tortilla/Cheese 	BBQ Rib Patty/Bun Macaroni Salad Mixed Vegetables Apple	 Menu subject to change without notice.	1 (least favorite) to 5 (most favorite)  1 2 3 4 5	At the end of the month, return the menu to us via your site coordinator or volunteer driver. 

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 815-758-3932.

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 Luncheon Site

Fox Valley Community Center

815.787.6219 ext. 2

Offered to anyone age 60 and older and their spouses.

Reservations should be made by 10:00 am the day before.

Suggested Lunch Contribution \$4.00

Guests under the age of 60 may dine for \$7.50.

No one eligible for VAC services will be denied due to inability to contribute.



Sandwich



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