



		29 00 23		
Monday	Tuesday	Wednesday	Thursday	Friday
Tell us what you think!		1	2	
1 (least favorite)	At the end of the month,	Italian Beef w/Peppers	Beef Chili w/Beans	Chicken Breast w/Gravy
to 5 (most favorite)	return the menu to us via your site coordinator or	Sliced Potatoes	Carrots	Yukon Gold Potatoes
	volunteer driver.	Sliced Zucchini	Sliced Peaches	Brussel Sprouts
1 ** 2 ** 3 **		Apricots	Corn Bread	Fruit Cocktail
4 5		Club Roll/Mozzarella		Dinner Roll
6	7	8	9	1
Chicken Stir Fry	Scrambled Eggs	Pork Roast w/Gravy	Beef Taco	Mother's Day Celebration
Rice	Bacon	Sweet Potatoes	Mexican Rice	Stuffed Chicken Breast
Oriental Blend	Hashbrowns	Peas	Corn	Roasted Potatoes
Pineapple/Fruit Juice	Mandarin Oranges	Honeydew	Diced Pears	Herb Green Beans
Fortune Cookie	Muffin	Pudding	Cheese	Strawberries
	Orange Juice	Roll	Tortilla	Chocolate Cake/Roll
13	14	15	16	1
BBQ Pork Chop	Ham Loaf	Cornflake Chicken Breast	Mostaccioli	Tuna Salad
Baked Potato/SC	Scalloped Potatoes	Rice Pilaf	w/Meat sauce	Red Potatoes
Mixed Vegetables	Coleslaw	Kidney Bean Salad	Italian Blend	Cream of Broccoli Soup
Diced Peaches	Applesauce	Fruited Gelatin	Romaine Salad/Dressing	Sliced Pears
Roll	Rye Bread	Roll	Orange	Wheat Bun
			Garlic Bread	
20	21	22		Memorial Day Celebration 2
Swedish Meatballs	Baked Fish	<u>Happy Birthday Day</u>	Turkey Loaf w/Gravy	Beef Hot Dog/Bun
Egg Noodles	Au Gratin Potatoes	Cheeseburger/Bun	Mashed Potatoes	Baked Beans
Pickled Beets	Spinach	Potato Wedges	3 Bean Salad	Macaroni Salad
Pineapple	Tropical Fruit	Cauliflower/Banana	Mandarin Oranges	Watermelon/Brownie
Fruit Juice/Roll	Wheat Bread	Onion/Pickle/Cake	Roll	Ketch/Mustard/Relish
27	28	29	30	3
LIADDY	Smoked Sausage	Salisbury Steak w/Gravy	Baked Chicken Quarter	Vegetable Lasagna
HAPPY	Diced Potatoes	Mashed Potatoes	Potato Salad	Green Beans
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MEMORIAL	Carrots	Peas	Stewed Tomatoes	Romaine Salad/Dressing
MEMORIAL	Carrots Apple	Peas Cantaloupe	Stewed Tomatoes Grapes	Romaine Salad/Dressing Craisins

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 Sites

Taylor Street Plaza (TSP)

815.758.3932

Fox Valley Older Adults

815.787.6219

Family Service Agency-Club 55

815.758.8616

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.



of Northern Illinois



Offering
Meals on Wheels
Senior Transportation
Senior Luncheons
Serving DeKalb County

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To Reach Us

Toll Free 1.866.820.6641

815.758.3932

Fax: 815.758.0202

Visit Us on the Web

www.vacdk.org