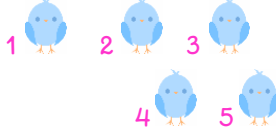





| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|
| Tell us what you think! | | 1 | 2 | 3 |
| <p>1 (least favorite) to 5 (most favorite)</p>  | <p>At the end of the month, return the menu to us via your site coordinator or volunteer driver.</p> | <p>Italian Beef w/Peppers Sliced Potatoes Sliced Zucchini Apricots Club Roll/Mozzarella Cheese</p> | <p>Beef Chili w/Beans Carrots Sliced Peaches Corn Bread</p> | <p>Baked Chicken Breast Yukon Gold potatoes Brussel Sprouts Fruit Cocktail Dinner Roll</p>  |
| 6 | 7 | 8 | Happy Birthday 9 | 10 |
| <p>Chicken Stir Fry Rice Oriental Blend Pineapple/Fruit Juice Fortune Cookie</p> | <p>Scrambled Eggs Bacon Hashbrowns Mandarin Oranges Muffin/Orange Juice</p> | <p>Pork Roast w/Gravy Sweet Potatoes Pea Salad Honeydew Roll/Pudding</p> | <p>Beef Taco/Tortilla Mexican Rice Corn Diced Pears Cheese/Tortilla</p> | <p>Mother's Day Celebration Stuffed Chicken Breast Roasted Potatoes Herb Green Beans Strawberries Chocolate Cake/Roll</p> |
| 13 | 14 | 15 | 16 | 17 |
| <p>BBQ Pork Chop Baked Potato/Sour Cream Mixed Vegetables Diced Peaches Roll</p> | <p>Ham Loaf Scalloped Potatoes Coleslaw Applesauce Rye Bread</p> | <p>Cornflake Chicken Breast Rice Pilaf Kidney Bean Salad Fruited Gelatin Roll</p> | <p>Mostaccioli w/Meat sauce Italian Blend Romaine Salad/Dressing Orange/Garlic Bread</p> | <p>Tuna Salad Red Potatoes Cream of Broccoli Soup Sliced Pears Wheat Bun</p> |
| 20 | 21 | 22 | 23 | Memorial Day Celebration 24 |
| <p>Swedish Meatballs Egg Noodles Pickled Beets Pineapple Fruit Juice/Roll</p> | <p>Baked Fish Au Gratin Potatoes Broccoli Craisins Bread/Tartar Sauce</p> | <p>Cheeseburger/Bun Potato Wedges Cauliflower Banana Onion/Pickle/Cake</p> | <p>Turkey Loaf w/Gravy Mashed Potatoes 3 Bean Salad Mandarin Oranges Roll</p> | <p>Beef Hot Dog/Bun Baked Beans Macaroni Salad Watermelon/Brownie Ketchup/Mustard/Relish</p> |
| 27 | 28 | 29 | 30 | 31 |
|  | <p>Smoked Sausage Baked Beans Carrots Apple Mustard/Wheat Bread</p>  | <p>Salisbury Steak w/Gravy Mashed Potatoes Peas Cantaloupe Roll</p> | <p>Baked Chicken Quarter Potato Salad Stewed Tomatoes Grapes Bread</p> | <p>Vegetable Lasagna Green Beans Romaine Salad/Dressing Fresh Pear Breadstick</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), 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.



of Northern Illinois

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