



AUGUST 2022



Hills & Dales LifeTime Center
 Call 556-3305 before 8am to make lunch reservations.
 Milk Served with Meal

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Chicken Ranch Casserole Dinner Roll Capri Vegetables Fruit Salad Apple Snicker Salad	Rueben Sandwich French Frys Fruit Salad Lazy Cookie	Lasagna Garlic Bread Lettuce Salad Pears Brownies	Sweet/Sour Chicken Fried Rice Broccoli Tropical Fruit Turnover	Hamburgers w/Fixings Potato Salad Baked Beans Banana Bars
8	9	10	11	12
Liver and Onions/Sub Salisbury Steak Mashed Potatoes Corn Tropical Fruit Peach Crisp	Brat/Kraut Sweet Potato Fries Strawberry Jello Banana Ice Cream	Meatloaf Mashed Potatoes/Gravy Carrots Peaches Rice Krispie Treat	Tilapia Mac and Cheese Stewed Tomatoes Pears Bread Pudding	Turkey Wrap Broccoli Slaw Mandarin Oranges Strawberries/Angel Food
15	16	17	18	19
Lemon Pepper Chicken Baby Bakers Corn Pineapple Cookie	Roast Beef Mashed Potatos/Gravy Green Beans Mandarin Oranges Chocolate Supreme Cake	Enchilada Stack Refried Beans Chips, Salsa, Queso Apple Pie	Apple Glazed Pork Hash Brown Casserole Mixed Vegetable Pineapple Upside Down Cake	BLT Onion Rings Spinach/Strawberry Salad Peaches Butterscotch Pudding
22	23	24	25	26
Beef Pepper Steak/Rice Oriental Vegetable Honey Dew Chocolate Pudding	Potato Bar Chili, Cheese, Broccoli Sour Cream Watermelon German Chocolate Cake	Taco Bake Mexicali Corn Corn Bread Peaches Scotcheroos	Roast Pork Rice Pilaf Harvard Beets Applesauce Carrot Cake	Beef and Noodles Corn Dinner Roll Mandarin Oranges Lime Jello
29	30	31		
Spaghetti/Meat Sauce Lettuce Salad Bread Sticks Peaches Strawberry Cheesecake	Salisbury Steak Mashed Potatoes Cascade Vegetables Pears Cherry Chip Cake	Chicken Alfredo Garlic Bread Broccoli Pineapple Cream Cheese Brownies		

Hills & Dales Community Center - 3505 Stoneman Road - Dubuque, IA
 Invite your family, friends and neighbors for a great meal and fun activities!!