



August 2021



Hills & Dales Life Time Center
Call 556-3305 before 8am to make lunch

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Beef Pepper Steak over White Rice Rivera Vegetables Peaches Watermelon Butterfinger Dessert	Loaded Chicken Casserole Dinner Roll Coleslaw Banana/ Strawberry Jell-o	Swiss Steak with Tomatoes Mashed Potatoes Green Beans Tropical Fruit Mandarin Orange Cake	Apple Glazed Pork Patty Hashbrown Casserole Mixed Vegetables Pears Lemon Bars	Turkey Wraps Pasta Salad Three Bean Salad Mandarin Oranges Cookie
9	10	11	12	13
Sweet N Sour Chicken Fried Rice Broccoli Banana Cherry Turnover	Liver & Onions (sub: Salisbury Steak) Potato Pancakes Carrots Peaches Cream Pie	Roast Pork w/Gravy Rice Pilaf Cheesy Cauliflower Dinner Roll Mandarin Oranges Cherry CheeseCake	Country Fried Steak w/ Country Gravy Mashed Potatoes Green Beans Pineapple Cookie	Lasagna Garlic Bread Lettuce Salad Pears Pudding
16	17	18	19	20
Meatloaf Mashed Potatoes w/Brown Gravy Mixed Vegetables Banana Pudding/ Vanilla Wafer	Tilipia Macaroni & Cheese Stewed Tomatoes Pineapple Bread Pudding	Swedish Meatballs over Egg Noodles Corn Dinner Roll Mixed Berries Pound Cake	Chicken Cordon Bleu Au Gratin Potatoes Copper Penny Carrots Pears Chocolate Supreme Cake	BBQ Pulled Pork Baked Beans Coleslaw Fruit Cocktail Brownie
23	24	25	26	27 
Spaghetti & Meat Sauce Bread Sticks Italian Vegetables Peaches Sweet Strawberry Cake	Ham Balls w/ Mustard Glaze Scalloped Potatoes Carrots Cantaloupe Beet Bread	Roast Beef w/ Gravy Mashed Potatoes Green Bean Casserole Fruit Cocktail Carneal Apple Cake	Cream of Chicken over a Biscuit Coleslaw Apricots Scotheroos	Kielbasa Sausage w/ Kraut Fried Potatoes Peas Watermelon Cupcake/ice cream
30	31			
Breaded Pollock w/ Tarter Sauce Baby Bakers Havard Beets Pears Oreo Dessert	Beef Tips & Noodles Corn Dinner Roll Mandarin Oranges Pineapple Upside Cake			

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