



OCTOBER 2021

Hills & Dales Life Time Center



Call 556-3305 before 8am to make lunch reservations.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chill Cornbread Fresh carrots and Celery Cookie
4	5	6	7	8
Apple Glazed Pork Patty Hashbrown Casserole Corn Peach Crisp	Liver & Onions (sub: Salisbury Steak) Fried Potatoes Carrots Peaches Cream Pie	Roast Pork w/gravy Rice Pilaf Cheesy Cauliflower Dinner Roll Pumpkin bars Apple sauce	Country Fried Steak w/ Country Gravy Mashed Potatoes Capri Vegetable Fruit Cocktail Lemon Bars	Lasagna Garlic Bread Lettuce Salad Pears Butterfinger Dessert
11	12	13	14	15
Sweet N Sour Chicken Fried Rice Broccoli Pears Cherry Turnover	Meatloaf Mashed Potatoes w/Brown Gravy Mixed Vegetables Banana Pudding w/ vanilla wafers	Tilapia Macaroni & Cheese Stewed Tomatoes Pineapple Bread Pudding	Carrot soup Chips Ham spread sandwich Peaches Chocolate Supreme Cake	BBQ Pulled Pork Baked Beans Cucumber Salad Fruit Cocktail Brownies
18	19	20	21	 22
Pepper Beef Steak over White Rice Italian Vegetables Peaches Banana bars	Loaded Chicken Casserole Dinner Roll Coleslaw Lime Pear Jello	Ham Balls w/ Mustard Glaze Scalloped Potatoes Carrots Fruit Cocktail Beet Bread	Beef Tips & Noodles Dinner Roll Corn Mandarin Oranges Pudding	Kielbasa Sausage w/Kraut Fried Potatoes Peas Apple sauce Cupcake/Ice Cream
25	26	27	28	29
Cream of Chicken over a Biscuit Coleslaw Apricots Scocheroots	Swedish Meatballs over Egg Noodles Corn Dinner Roll Strawberry shortcake	Roast Beef w/Gravy Mashed Potatoes Green Bean Casserole Fruit Cocktail Caramel Apple Cake	Breaded Pollock w/ Tarter Sauce Baby Bakers Havard Beets Pears Oreo Dessert	Swiss Steak w/ Tomatoes Mashed Potatoes Green Bean Tropical Fruit Pineapple Upside Down Cake

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