

October 2026

HILLS AND DALES LIFETIME CENTER

Call 563-556-3305 before 8 am to make lunch reservations milk served with meal

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Chicken Cordon Bleu 3oz Scalloped potatoes 3oz Peas 4oz Pears 4oz Dinner roll Cherry crisp	Spaghetti and Meatballs 3oz Garlic Bread Corn 4oz Peaches 4oz Scotcheroos
5	6	7	8	9
Baked Pollock 3oz Rice Pilaf 3oz Cheesey Cauliflower 4oz Pineapple 4oz Rice Krispie	Goulash 6oz Bread stick Capri vegetables 4oz Applesauce 4oz Oreo Fluff	Fancy swiss steak 3oz over noodles 3oz corn 4 oz Apricots 4oz Brownie	Reuben on bread 3oz German potato salad 3oz Green beans 4oz Tropical fruit 4oz Mandarin orange cake	Country Fried Steak 3oz Mashed potatoes/Gravy 3oz Fruit cocktail 4oz Capri Vigges 4oz Beet bread
12	13	14	15	16
BBQ chicken 3oz Scalloped potatoes 3oz California Medley 4oz Fruit Cocktail 4oz Apple crisp Dinner Roll	Baked Cod 3oz Butter, tarter sauce, lemon Small baked potato Broccoli 4oz Butterfinger fluff 2 slices bread	Meatloaf 3oz Au gratin Potatoes 3oz Mixed vegetables 4oz Cantaloupe 4oz Lemon Cake 2 slices bread	Beef Stroganoff 6oz Toss Salad 4oz Creamed corn 4oz Pineapple upside down cake	Pulled pork on bun 3oz Potato salad 3oz Baked Beans 4oz Watermelon 4oz Banana bars
19	20	21	22	23
Italian chicken 3oz Baked potato small Wax beans 4oz Apricots 4oz Homemade crunch bars 2 slices of bread	Roast Pork 3oz. Mashed Potatoes 3oz Harvard beets 4oz. Pistachio salad 4oz Carrot cake Dinner roll	Baked Chicken 3oz. Mashed potatoes/gravy 3oz Sweet/tangy carrots 4oz 2 slice bread Mandarin oranges 4oz Chocolate cake	Roast Beef 3oz Mashed Potatoes/gravy 4oz Mixed Vegetables 4oz Peaches 4oz Caramel apple cake Dinner roll	Cheeseburger on bun 4oz fixings 3oz Onion rings 3oz Cucumber salad 4oz Scotcheroos
26	27	28	29	30
Kielbasa and saurkraut 3oz German potato salad 3oz Peas 4oz Mandarin oranges 4oz German chocolate cake 2 slices of bread	Sweet and sour chicken 3oz Fried rice 3oz Broccoli 4oz Tropical fruit 4oz Turnovers	Tilapia 3oz Macaroni and cheese 3oz Stewed tomatoes 4oz Pears 4oz chocolate supreme cake	Lasagna 3oz Garlic bread Italian vegetables 4oz Toss Salad 4oz Heaven on earth blueberry cake	Sloppy joes on bun 3oz Tator Tots 3oz Baked Beans 4oz Fruit cocktail in strawberry jello