



August 2026

Hills & Dales Life Time Center

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

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
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 2 slices bread Apricots 4oz Brownie	Reuben on bread 3oz German potato salad 3oz Green beans 4oz Tropical fruit 4oz Mandarin orange cake	Ham wrap 4 oz fixings veggies Potato chips Honey dew 4oz Macaroni salad 4oz Cookie
10	11	12	13	14
BBQ chicken 3oz Scalloped potatoes 3oz California Medley 4oz Fruit Cocktail 4oz Apple crisp Roll	Baked Cod 3oz Butter, tarter sauce, lemon Small baked potato Broccoli 4oz Butterfinger fluff 2 slices bread	Meatloaf 6oz Augratin Potatoes 3oz Mixed vegetables 4oz Cantaloupe 4oz Lemon Cake 2 slices bread	Beef Stroganoff 6oz Toss Salad 4oz Creamed corn 4oz 2 slices bread Pineapple upside down cake	Pulled pork on bun 3oz Potato salad 3oz Baked Beans 4oz Watermelon 4oz Banana bars
17	18	19	20	21
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 Cream puff dessert	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
24	25	26	27	28
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 6oz Garlic bread 1 slice Italian vegetables 4oz Toss Salad 4oz Heaven on earth blueberry cake	Stoppo joes on bun 3oz Tator Tots 3oz Baked Beans 4oz Blueberry jello salad 4oz
31				
Beef Stew 6oz Cole slaw 4oz Dinner Roll Strawberries/Angel food cake				

August 2026—Activity Calendar

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3505 Stoneman Rd / Dubuque, IA

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Monday	Tuesday	Wednesday	Thursday	Friday
10:00 - 11:00 Senior Fitness Exercise Class 11:30 Lunch 12:15-3:00 Hand and foot	11:30 Lunch 12:00 Needlework Group 12:15 - 4:00 Duplicate Bridge 4:00 - 6:00 Fiber Arts Group (Fourth Tuesday of the month)	10:00 - 11:00 Senior Fitness Exercise Class 11:30 Lunch 12:15 - 4:00 Open Euchre	11:30 Lunch 1:00- 5:00 Sit and Sew Club	10:00 - 11:00 Senior Fitness Exercise Class