

## Vesper Hall, 400 NW Vesper Street Blue Springs MO

Call (816) 228-0181 to inquire about receiving frozen or hot meals in Blue Springs or Lake Tapawingo during this pandemic. Please call to cancel when necessary.

## Vesper Hall Menu

Cosponsored by the Mid-America Regional Council. All congregate meals include bread, coffee, milk, tea. \$3.50 donation if 60 & older; \$5.75 fee ages 59 & younger. Menus are subject to change.

## January 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				1 CLOSED FOR NEW YEARS DAY OBSERVANCE
4 Beef Tips w/Peppers Mashed Potatoes & Gravy Green Beans Apple	5 Chili w/Beans Tossed Salad Crackers Pineapple & Pears in Jello	6 Butter Chicken w/Basmati Rice Lemon Pepper Cabbage Chickpea Salad Peach	7 Chuckwagon Steak Corn Tossed Salad Pineapple Chunks	8 Smothered Pork Chop Mashed Potatoes Brussel Sprouts Apricots
11 Buffalo Chicken Sandwich Beer Battered Onion Rings Lemon Peppered Antigua Blend Ambrosia Salad	12 Beef Soft Tacos Spanish Rice Southwestern Corn Diced Pineapple	13 Spinach & Chicken Pizza Ceasar Salad Graham Crackers Orange	14 Spaghetti w/Meat Sauce Green Beans Tossed Salad Diced Pears	15 Chicken & Noodles Winter Mix Vegetables Hot Beets Mandarin Oranges
18 CLOSED FOR MARTIN LUTHER KING DAY OBSERVANCE	19 Sweet & Sour Chicken w/Rice Lemon Pepper Squash Orange Kissed Beets Pineapple Chunks	20 Vegetable Beef Stew Steamed Broccoli Wheat Roll Diced Peaches	21 Pulled Pork Sandwich Baked Beans Spinach & Onion Salad Berries Medley	22 Breakfast Lasagna Vegetables Romano Stewed Tomatoes Bananas in Jello
25 Ham & Beans Winter Mix Vegetables Cornbread Tropical Fruit	26 Lemon Pepper Chicken Rice Pilaf Riviera Blend Vegetables Fruit Delight	27 Stuffed Pepper w/Meat Steamed Italian Zucchini & Yellow Squash Fruit Cocktail	28-Elvis Day Cheeseburger Broccoli/Raisin Salad Pears Peanut Butter Cookie	29-Birthday Roasted Pork Mashed Potatoes & Gravy Festive Tossed Salad White Cake & Ice Cream

## February 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 Swedish Meatballs w/Gravy Brussel Sprouts Pickled Beets Diced Peaches	2 Beef Tips w/Peppers Mashed Potatoes & Gravy Green Beans Apple	3 Chili w/Beans Tossed Salad Crackers Pineapple & Pears in Jello	4 Butter Chicken w/Basmati Rice Lemon Pepper Cabbage Chickpea Salad Peach	5 Chuckwagon Steak Corn Tossed Salad Pineapple Chunks
8 Smothered Pork Chop Mashed Potatoes Brussel Sprouts Apricots	9 Buffalo Chicken Sandwich Beer Battered Onion Rings Lemon Peppered Antigua Blend Ambrosia Salad	10 Beef Soft Tacos Spanish Rice Southwestern Corn Diced Pineapple	11 Spinach & Chicken Pizza Ceasar Salad Graham Crackers Orange	12-Valentine's Day Spaghetti w/Meat Sauce Green Beans Tossed Salad Diced Pears
15 CLOSED FOR PRESIDENT'S DAY OBSERVANCE	16 Chicken & Noodles Winter Mix Vegetables Hot Beets Mandarin Oranges	17 Sweet & Sour Chicken w/Rice Lemon Pepper Squash Orange Kissed Beets Pineapple Chunks	18 Vegetable Beef Stew Steamed Broccoli Wheat Roll Diced Peaches	19 Pulled Pork Sandwich Baked Beans Spinach & Onion Salad Berries Medley
22 Breakfast Lasagna Vegetables Romano Stewed Tomatoes Bananas in Jello	23 Ham & Beans Winter Mix Vegetables Cornbread Tropical Fruit	24 Lemon Pepper Chicken Rice Pilaf Riviera Blend Vegetables Fruit Delight	25 Stuffed Pepper w/Meat Steamed Italian Zucchini & Yellow Squash Fruit Cocktail	26-Birthday BBQ Brisket Roasted Garlic Potatoes Festive Tossed Salad Jell-o Poke Cake

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# March 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Baked Teriyaki Salmon Southern Potato Salad Cucumber, Onion, Dill Salad Pineapple Chunks	<b>2</b> Swedish Meatballs w/Gravy Brussel Sprouts Pickled Beets Diced Peaches	<b>3</b> Baked Ziti w/Roasted Vegetables Salad Mandarin on White Cake	<b>4</b> Beef Tips w/Peppers Mashed Potatoes & Gravy Green Beans Apple	<b>5</b> Chili w/Beans Tossed Salad Crackers Pineapple & Pears in Jello
<b>8</b> Butter Chicken w/Basmati Rice Lemon Pepper Cabbage Chickpea Salad Peach	<b>9</b> Chuckwagon Steak Corn Tossed Salad Pineapple Chunks	<b>10</b> Smothered Pork Chop Mashed Potatoes Brussel Sprouts Apricots	<b>11</b> Buffalo Chicken Sandwich Beer Battered Onion Rings Lemon Peppered Antigua Blend Ambrosia Salad	<b>12-St. Patrick's Day</b> Corned Beef & Cabbage Red Potatoes Steamed Carrots Fruit in Jello
<b>15</b> Spinach & Chicken Pizza Ceasar Salad Graham Crackers Orange	<b>16</b> Spaghetti w/Meat Sauce Green Beans Tossed Salad Diced Pears	<b>17</b> Chicken & Noodles Winter Mix Vegetables Hot Beets Mandarin Oranges	<b>18</b> Sweet & Sour Chicken w/Rice Lemon Pepper Squash Orange Kissed Beets Pineapple Chunks	<b>19</b> Vegetable Beef Stew Steamed Broccoli Wheat Roll Diced Peaches
<b>22</b> Pulled Pork Sandwich Baked Beans Spinach & Onion Salad Berries Medley	<b>23</b> Breakfast Lasagna Vegetables Romano Stewed Tomatoes Bananas in Jello	<b>24</b> Ham & Beans Winter Mix Vegetables Cornbread Tropical Fruit	<b>25</b> Lemon Pepper Chicken Rice Pilaf Riviera Blend Vegetables Fruit Delight	<b>26-Birthday</b> Lasagna Spinach Salad w/Berries Italian Vegetables Mandarin on White Cake
<b>29</b> Cheeseburger Broccoli/Raisin Salad Pears Peanut Butter Cookie	<b>30</b> Baked Teriyaki Salmon Southern Potato Salad Cucumber, Onion, Dill Salad Pineapple Chunks	<b>31</b> Swedish Meatballs w/Gravy Brussel Sprouts Pickled Beets Diced Peaches		

## Need to Know ...

**BIRTHDAY CELEBRATION: January 29, February 26 and March 26 . Come join the Vesper Hall staff as we celebrate YOUR birthday month! Lunch served 11:30 a.m. - 12:30 p.m. Preregister for lunch.**

## Home-Delivered Meals

Home-delivered meals are available for home-bound individuals that live within Blue Springs and Lake Tapawingo. To be eligible, recipients must be at least 60 years old or disabled and demonstrate a nutritional need. These meals are delivered Monday through Friday for a small donation. Contact MARC at 816-421-4980 to find out more about the program and to schedule an assessment. There is a waiting list. Both meal programs are cosponsored by the Mid-America Regional Council (MARC) Commission on Aging. Federal funds assist in the cost of meal planning and preparation.

