

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

### February 2021

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

# 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 Mandarins 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 Mandarins 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.

