

Vesper Hall Menu

Meals served 11:30 a.m. - 12:30 p.m.

Vesper Hall, 400 NW Vesper Street Blue Springs MO

Call (816) 228-0181 or stop by the Vesper Hall Front Counter to make a lunch reservation. Reservations must be made by 2:00 pm at least one working day in advance of the day you plan to eat. Please call to cancel when necessary.

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.

April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 Swedish Meatballs Pickled Beets Brussel Sprouts Diced Peaches	2 Crispy Garlic Chicken Mashed Potatoes Green Beans Strawberries in Shortcake	3 Beef Taco Salad Refried Beans Tortilla Chips Pineapple	4 Curried Chicken Stir Fry Vegetables Steamed Cabbage Manadarin Oranges	5 Lemon Peppered Fish Au Gratin Potatoes Steamed Broccoli Plum Halves
8 Chicken & Pineapple Pizza Spring Mix w/Blueberries Buttered Carrots Sliced Apples	9 Ham & Swiss Hoagie Smoky Black Bean/Corn Salad Cole Slaw Bananas in Jell-o	10 Tuna & Noodle Casserole Steamed Peas California Blend Veggies Strawberries & Bananas	11 Turkey & Cheese Quiche Basil Roasted Potatoes Stewed Tomatoes Sliced Pears	12 Sloppy Joe Garlic Pepper Potatoes Steamed Broccoli Mandarin Oranges
15 Smothered Pork Chop Mashed Potatoes/Gravy Steamed Peas Cinnamon Applesauce	16 Chicken Enchilada Casserole Black Beans & Rotel Tossed Salad w/Red Peppers Banana	17 Steak Fajita Salad Pioneer Brussel Sprouts Tortilla Chips Peach Cobbler	18 Hot Turkey Sandwich w/Gravy Mashed Potatoes Sliced Cooked Carrots Crushed Pineapple in Jell-o	19 Sliced Ham Sweet Potatoes Green Beans Ambrosia Salad
22 Salisbury Steak Mashed Potatoes Peas & Carrots Mandarin Oranges in Jell-o	23 Turkey Burger Kale & Red Cabbage Salad Sweet Potato Wedges Stewed Apples w/Topping	24 Herb Seasoned Chicken Baked Potato California Blend Veggies Fruit Cocktail	25 Chili w/Beans Tossed Salad w/Red Cabbage Wheat Crackers Pineapple & Pears in Jell-o	26 - Birthday Pulled Pork Sandwich Baked Beans Spinach & Red Onion Salad Berries Medley Jell-o Poke Cake
29 Chicken Tetrzzini Buttered Carrots Tossed Salad w/Red Peppers Blackberry Cobbler	30 Swedish Meatballs Pickled Beets Brussel Sprouts Diced Peaches			

May 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		1-May Day Crispy Garlic Chicken Mashed Potatoes Green Beans Strawberries in Shortcake	2-Hispanic Heritage Beef Taco Salad Refried Beans Tortilla Chips Pineapple	3 Curried Chicken Stir Fry Vegetables Steamed Cabbage Mandarin Oranges
6 Lemon Peppered Fish Au Gratin Potatoes Steamed Broccoli Plum Halves	7 Chicken & Pineapple Pizza Buttered Carrots Spring Mix/Blueberries Sliced Apples	8 Ham & Swiss Hoagie Smoky Black Bean/Corn Salad Cole Slaw Bananas in Jell-o	9 Tuna & Noodle Casserole Steamed Peas California Blend Veggies Strawberries & Bananas	10 Turkey & Cheese Quiche Basil Butter Roasted Potatoes Stewed Tomatoes Sliced Pears
13 Sloppy Joe Garlic Pepper Potatoes Steamed Broccoli Mandarin Oranges	14 Smothered Pork Chop Mashed Potatoes Steamed Peas Cinnamon Applesauce	15 Chicken Enchilada Casserole Black Beans & Rotel Tossed Salad w/Red Peppers Banana	16 Steak Fajita Salad Pioneer Brussel Srouts Tortilla Chips Peach Cobbler	17 Hot Turkey Sandwich Mashed Potatoes Sliced Cooked Carrots Crushed Pineapple in Jell-o
20 Sliced Ham Sweet Potatoes Green Beans Ambrosia Salad	21 Salisbury Steak Mashed Potatoes w/Gravy Peas & Carrots Mandarin Oranges in Jell-o	22 Turkey Burger Sweet Potato Wedges Kale & Red Cabbage Salad Stewed Apples w/Topping	23 Herb Seasoned Chicken Baked Potato California Blend Veggies Fruit Cocktail	24 Chili w/Beans Tossed Salad w/Red Cabbage Wheat Crackers Pineapple & Pears in Jell-o
27 CLOSED FOR MEMORIAL DAY OBSERVANCE	28 Spinach & Chicken Alfredo Zucchini/Squash Salad w/Green Peppers Tiramisu	29 Chicken Tetrzzini Buttered Carrots Tossed Salad w/Red Peppers Blackberry Cobbler	30 Swedish Meatballs Brussel Sprouts Pickled Beets Diced Peaches	31-Birthday Crispy Garlic Chicken Mashed Potatoes Green Beans Strawberries in Shortcake

June 2019

Monday	Tuesday	Wednesday	Thursday	Friday
3 Beef Taco Salad Refried Beans Tortilla Chips Pineapple	4 Curried Chicken Stir Fry Veggies Steamed Cabbage Mandarin Oranges	5 Lemon Peppered Fish Au Gratin Potatoes Steamed Broccoli Plum Halves	6 Chicken & Pineapple Pizza Buttered Carrots Spring Mix w/Blueberries Sliced Apples	7 Ham & Swiss Hoagie Smoky Black Bean/Corn Salad Cole Slaw Bananas in Jell-o
10 Tuna & Noodle Casserole Steamed Peas California Blend Veggies Strawberries & Bananas	11 Turkey & Cheese Quiche Basil Butter Roasted Potatoes Stewed Tomatoes Sliced Pears	12 Sloppy Joe Garlic Pepper Potatoes Steamed Broccoli Mandarin Oranges	13 Smothered Pork Chop Mashed Potatoes/Gravy Steamed Peas Cinnamon Applesauce	14 Chicken Enchilada Casserole Black Beans & Rotel Tossed Salad w/Red Peppers Banana
17 Steak Fajita Salad Pioneer Brussel Sprouts Tortilla Chips Peach Cobbler	18 Hot Turkey Sandwich Mashed Potatoes Sliced Cooked Carrots Crushed Pineapple in Jell-o	19 Sliced Ham Sweet Potatoes Green Beans Ambrosia Salad	20 Salisbury Steak Mashed Potatoes Peas & Carrots Mandarin Oranges in Jell-o	21 Turkey Burger Sweet Potato Wedges Kale & Red Cabbage Salad Stewed Apples w/Topping
24 Herb Seasoned Chicken Baked Potato California Blend Veggies Fruit Cocktail	25 Chilli w/Beans Tossed Salad w/Red Cabbage Wheat Crackers Pineapple & Pears in Jell-o	26 Spinach & Chicken Alfredo Zucchini/Squash Salad w/Green Peppers Tiramisu	27 Chicken Tetrizzini Buttered Carrots Tossed Salad w/Red Peppers Blackberry Cobbler	28-Birthday BBQ Brisket Roasted Garlic Potatoes Festive Tossed Salad Jell-o Poke Cake

Need to Know ...

BIRTHDAY CELEBRATION: April 26, May 31 and June 28. Come join the Vesper Hall staff as we celebrate YOUR birthday month! Lunch served 11:30 a.m. - 12:30 p.m.

MAY DAY LUNCHEON: May 1, 11:30 a.m. - 12:30 p.m. Enjoy music entertainment by the Vesper Hall Choir as you partake in a themed lunch. Preregister for lunch.

HISPANIC HERITAGE CELEBRATION: May 2, 11:30 a.m.-12:30p.m. Enjoy music entertainment by Carlos Garcia as you partake in a themed lunch. Preregister for lunch. Sponsored by Vesper Hall Site Council.

AARP DRIVERS SAFETY PROGRAM: May 9. This 4-hour course refines existing skills and develop safe, defensive driving techniques. Preregister. \$15 AARP members, \$20 for Non-members. 1:00 p.m. - 5:00 p.m.

VESPER HALL ANNIVERSARY: JUNE 6, 11:30 a.m. Preregister for lunch. Sponsored by Vesper Hall Site Council.

FREE BREAKFAST & HEALTH PRESENTATION: June 13, 8:00 a.m. Enjoy a free breakfast and get the latest information on various health topics. Preregister in advance. Sponsored by One Community Hospice.

ICE CREAM SOCIAL: June 21, Friday, 6:00 p.m. Sponsored by the Vesper Hall Site Council. Entertainment included!

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 Vesper Hall at 228-0181 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.