

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.

## 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.

### April 2019

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

### May 2019

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

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# June 2019

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