

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 congregational meals include bread, coffee, milk, tea. \$3.50 donation if 60 & older; \$5.75 fee ages 59 & younger. Menus are subject to change.

October 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Herb Spiced Chicken Baked Potato California Vegetables Fruit Cocktail	2 Pot Roast Milano Cajun Slaw Buttered Peas & Carrots Fresh Grapes	3 Baked Chicken Parmesan Italian Squash/Zucchini Tossed Salad Diced Peas	4 Beef Stew Pickled Beets Steamed Broccoli Sliced Peaches
7 Mushroom Swiss Burger Waffle Fries Broccoli/Raisin Salad Oregon Berries	8 Gnocchi Pasta w/Pesto Sauce Salad Mix Roasted Garlic Brussel Sprouts Cantaloupe	9 Liver & Onions Chuckwagon Corn Mashed Potatoes & Gravy Red & Green Grapes	10-Octoberfest Pork Schnitzel Sauteed Red Cabbage German Potato Salad Black Forest Cherry Crisp	11 Mesquite Pork Chop Mashed Sweet Potatoes Kale & Red Cabbage Salad Fresh Pear
14 Sweet & Sour Chicken Lemon Pepper Squash Orange Kissed Beets Pineapple Chunks	15 Hamburger Pizza Riviera Blend Salad Sliced Peaches Graham Crackers	16 Buffalo Chicken Sandwich Beer Battered Onion Rings Lemon Pepper Veggies Mandarin Oranges	17 Smokey Mesquite Tilapia Rosemary Red Potatoes Mexican Corn Mandarin Oranges	18 Hawaiian Chicken Glazed Carrots Buttered Peas Pineapple
21 Hungarian Goulash Stewed Tomatoes Riviera Blend Veggies Fresh Pear	22 Butter Chicken Chickpea Salad Lemon Pepper Cabbage Fresh Peach	23 Korean BBQ Beef Southern Potato Salad California Blend Veggies Oregon Berries	24 Cajun Spaghetti Steamed Squash & Zucchini Salad w/Feta, Chickpea Tropical Fruit	25 - Birthday Roasted Pork Mashed Potatoes w/Gravy Festive Tossed Salad White Cake w/Ice Cream
28 Brushetta Chicken Pasta Mixed Salad Greens Lemon Zest Brussel Sprouts Fresh Red Apple	29 Ham & Beans Steamed Spinach Cornbread Muffin Fresh Orange	30 Herb Spiced Chicken Baked Potato California Vegetables Fruit Cocktail	31-Costume Party Pot Roast Milano Cajun Slaw Buttered Peas & Carrots Fresh Grapes	

November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Baked Chicken Parmesan Italian Squash & Zucchini Tossed Salad Diced Peas
4 Beef Stew Pickled Beets Steamed Broccoli Sliced Peaches	5 Mushroom Swiss Burger Waffle Fries Broccoli Raisin Salad Oregon Berries	6 Gnocchi Pasta w/Pesto Sauce Salad Mix Roasted Garlic Brussel Sprouts Cantaloupe	7 Liver & Onions Chuckwagon Corn Mashed Potatoes & Gravy Red & Green Grapes	8-Veteran's Day Lunch Sloppy Joe Roastd Garlic Potatoes Steamed Broccoli Mandarin Oranges
11 CLOSED FOR VETERAN'S DAY OBSERVANCE	12 Sweet & Sour Chicken Lemon Pepper Squash Orange Kissed Beets Pineapple Chunks	13 Hamburger Pizza Riviera Blend Salad Sliced Peaches Graham Crackers	14 Buffalo Chicken Sandwich Beer Battered Onion Rings Lemon Peppered Veggies Mandarin Oranges	15-Birthday Pulled Pork Sandwich Spinach & Red Onion Salad Baked Beans Berries Medley Jello Poke Cake
18 Hawaiian Chicken Glazed Carrots Buttered Peas Pineapple	19 Hungarian Goulash Stewed Tomatoes Riviera Blend Veggies Fresh Pear	20 Butter Chicken Chickpea Salad Lemon Pepper Cabbage Fresh Peach	21 Korean BBQ Beef Southern Potato Salad California Blend Veggies Oregon Berries	22-Thanksgiving Lunch Roast Turkey Mashed Potatoes w/Gravy Green Beans, Stuffing Cranberry Relish Pumpkin Pie
25 Ham AuGratin Casserole Peas & Carrots Mexican Corn Pear	26 Bruschetta Chicken Pasta Mixed Salad Greens Lemon Zest Brussel Sprouts Fresh Red Apple	27-Turkey Games Ham & Beans Steamed Spinach Cornbread Muffin Fresh Orange	28 CLOSED FOR THANKSGIVING DAY OBSERVANCE	29 CLOSED FOR THANKSGIVING DAY OBSERVANCE

228-0181
www.bliuespringsgov.com/vesper

December 2019

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Monday	Tuesday	Wednesday	Thursday	Friday
2 Herb Spiced Chicken Baked Potato California Veggies Fruit Cocktail	3 Pot Roast Milano Cajun Slaw Buttered Peas & Carrots Fresh Grapes	4 Baked Chicken Parmesan Italian Squash/Zucchini Tossed Salad Diced Pears	5 Beef Stew Pickled Beets Steamed Broccoli Sliced Peaches	6 Mushroom Swiss Burger Waffle Fries Broccoli/Raisin Salad Oregon Berries
9 Gnocchi Pasta w/Pesto Sauce Salad Mix Roasted Garlic Pepper Brussel Sprouts	10 Liver & Onions Chuckwagon Corn Mashed Potatoes & Gravy Red & Green Grapes	11 Sloppy Joe Roasted Garlic Potatoes Steamed Broccoli Mandarin Oranges	12 Mesquite Pork Chop Mashed Sweet Potatoes Kale & Red Cabbage Salad Fresh Pear	13 Sweet & Sour Chicken Lemon Pepper Squash Orange Kissed Beets Pineapple Chunks
16 Hamburger Pizza Riviera Blend Salad Sliced Peaches Graham Crackers	17 Buffalo Chicken Sandwich Beer Battered Onion Rings Lemon Peppered Veggies Mandarin Oranges	18 Smokey Mesquite Tilapia Rosemary Red Potatoes Mexican Corn Mandarin Oranges	19 Hawaiian Chicken Glazed Carrots Buttered Peas Pineapple	20-Christmas Luncheon Baked Ham Baked Yams Festive Tossed Salad Cherry Oatmeal Crisp
23 Butter Chicken Chickpea Salad Lemon Pepper Cabbage Fresh Peach	24-Holiday Variety Show Korean BBQ Beef Southern Potato Salad California Blend Veggies Oregon Berries	25 CLOSED FOR CHRISTMAS DAY OBSERVANCE	26 Cajun Spaghetti Steamed Squash & Zucchini Salad w/ Feta & Chickpea Tropical Fruit	27-Birthday Crispy Garlic Chicken Mashed Potatoes Green Beans Strawberries in Shortcake
30 Bruschetta Chicken Pasta Mixed Salad Greens Lemon Zest Brussel Sprouts Fresh Red Apple	31 Ham & Beans Steamed Spinach Cornbread Muffin Fresh Orange			

Need to Know ...

BIRTHDAY CELEBRATION: October 25, November 15 and December 27. 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.

VESPER HALL OCTOBERFEST: October 10, 11:30 a.m. - 12:30 p.m. Willkommen! Celebrate with us for our annual Octoberfest celebration. We will have entertainment, German delicacies and more. Preregister for lunch. Sponsored by Sprint Accessibility.

VESPER HALL BREAKFAST & HEALTH TALK: October 17, 8:30 a.m. - 9:30 a.m. Enjoy a hot breakfast & listen to a representative from USA Senior Healthcare Solutions discuss Medicare Open Enrollment. Preregister at front counter.

CHIEFS VS. PACKERS TAILGATE: OCTOBER 27, Sunday, 7:00 p.m. - 10:00 p.m. Bring out your favorite tailgating food and cheer on the boys in red at Vesper Hall. We will be watching the game on the big screen & enjoying the time with friends. Preregister. Sponsored by Village Home Health.

VESPER HALL COSTUME PARTY: OCTOBER 31, 11:00 a.m. - 12:30 p.m. Trick or Treat! Show off your favorite costume and enjoy candy and Halloween fun at Vesper Hall. We will have a costume contest, cake walk and more. Preregister for lunch. Sponsored by One Community Hospice.

VESPER HALL VETERAN'S DAY CELEBRATION: NOVEMBER 8, 11:30 a.m. - 12:30 p.m. Join us for lunch and a day to honor those that have served in all of the Armed Services. The Vesper Hall Choir will be performing. Preregister for lunch.

AARP DRIVERS SAFETY PROGRAM: November 14, 1:00 p.m. - 5:00 p.m. This 4-hour course refines existing skills and develop safe, defensive driving techniques. Preregister. \$15 AARP members, \$20 for Non-members.

Thanksgiving Turkey Games: November 27, 11:30 a.m. - 12:30 p.m. Enjoy turkey-themed games or cheer on your peers as they compete.

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.