

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.

October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 - Evening Chiefs Tailgate Chicken & Noodles Winter Mix Vegetables Hot Beets Mandarin Oranges	2 Chili w/Beans Tossed Salad Wheat Crackers Pineapple & Pears in Jell-o	3 Lemon Pepper Tilapia Roasted Rosemary Potatoes California Blend Veggies Apricots	4 BBQ Chicken Breast Baked Sweet Potato Chuckwagon Corn Tropical Fruit Cup	5 Spinach & Chicken Alfredo Lemon Pepper Zucchini/Squash Salad w/Green Peppers Tiramisu
8 Spaghetti w/Meat Sauce Green Beans Tossed Salad Diced Pears	9 Beef Soft Tacos Southwestern Corn Spanish Rice Diced Pineapple	10 Ham & Beans Winter Mix Vegetables Cornbread Tropical Fruit	11-Octoberfest Pork Schnitzel Sauteed Red Cabbage German Potato Salad Black Forest Cherry Crisp	12 Chicken Caesar Salad Baked Potato Hidden Valley Carrots Pineapple
15 Hamburger Pizza Salad w/Peppers/Tomatoes Riviera Blend Veggies Sliced Peaches	16 Turkey & Cheese Quiche Basil Roasted Potatoes Stewed Tomatoes Sliced Pears	17 Southwestern White Chili Hawaiian Coleslaw Lemon Peppered Broccoli Cinnamon Apples	18 Beef Tips w/Peppers/Onion Mashed Potatoes Green Beans Fresh Apple	19 Sweet & Sour Pork w/Rice Stir Fry Vegetables Steamed Cabbage Orange
22 Chicken Ala King Steamed Cabbage Stewed Tomatoes Strawberries & Pineapple	23 - Showtune Luncheon Ham & Au-gratin Casserole Peas & Carrots Pear Bread Pudding	24 Meatloaf Baked Potato Green Beans Strawberries & Bananas	25 Beef Stew Pickled Beets Steamed Broccoli Sliced Peaches	26 - Birthday Roasted Pork Mashed Potatoes/Gravy Festive Tossed Salad White Cake w/Ice Cream
29 Sloppy Joe Garlic Pepper Potatoes Steamed Broccoli Mandarin Oranges	30 Chicken & Noodles Winter Mix Vegetables Hot Beets Mandarin Oranges	31 - Costume Party Chili w/Beans Tossed Salad Wheat Crackers Pineapple & Pears in Jell-o		

November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Lemon Pepper Tilapia Roasted Rosemary Potatoes California Blend Veggies Apricots	2 BBQ Chicken Breast Baked Sweet Potato Chuckwagon Corn Tropical Fruit Cup
5 Spinach & Chicken Alfredo Lemon Pepper Zucchini/Squash Salad w/Green Peppers Tiramisu	6 Spaghetti w/Meat Sauce Green Beans Tossed Salad Diced Pears	7 Beef Soft Tacos Southwestern Corn Spanish Rice Diced Pineapple	8 Ham & Beans Winter Mix Vegetables Cornbread Tropical Fruit	9 Smothered Pork Chop Mashed Potatoes & Gravy Steamed Peas Cinnamon Applesauce
12 CLOSED FOR VETERAN'S DAY OBSERVANCE	13 - Veterans Celebration Chicken Caesar Salad Baked Potato Hidden Valley Carrots Pineapple	14 Hamburger Pizza Salad w/Peppers/Tomatoes Riviera Blend Veggies Sliced Peaches	15 Turkey & Cheese Quiche Basil Roasted Potatoes Stewed Tomatoes Sliced Pears	16 - Thanksgiving Luncheon Roast Turkey Mashed Potatoes w/Gravy Green Beans Pumpkin Pie
19 Beef Tips w/Peppers/Onion Mashed Potatoes Green Beans Fresh Apple	20 Sweet & Sour Pork w/Rice Stir Fry Vegetables Steamed Cabbage Orange	21 Chicken Ala King Steamed Cabbage Stewed Tomatoes Strawberries & Pineapple	22 CLOSED FOR THANKSGIVING DAY OBSERVANCE	23 CLOSED FOR THANKSGIVING DAY OBSERVANCE
26 Meatloaf Baked Potato Green Beans Strawberries & Bananas	27 Beef Stew Pickled Beets Steamed Broccoli Sliced Peaches	28 Cheeseburger Broccoli/Raisin Salad Pears Peanut Butter Cookie	29 Sloppy Joe Garlic Pepper Potatoes Steamed Broccoli Mandarin Oranges	30 - Birthday BBQ Brisket Roasted Garlic Potatoes Festive Tossed Salad Jello Poke Cake

December 2018

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Monday	Tuesday	Wednesday	Thursday	Friday
3 Chili w/Beans Tossed Salad Wheat Crackers Pineapple & Pears in Jell-o	4 Lemon Pepper Tilapia Roasted Rosemary Potatoes California Blend Veggies Apricots	5 BBQ Chicken Breast Baked Sweet Potato Chuckwagon Corn Tropical Fruit Cup	6 Spinach & Chicken Alfredo Lemon Pepper Zucchini/Squash Salad w/Green Peppers Tiramisu	7 Spaghetti w/Meat Sauce Green Beans Tossed Salad Diced Pears
10 Beef Soft Tacos Southwestern Corn Spanish Rice Diced Pineapple	11 Ham & Beans Winter Mix Vegetables Cornbread Tropical Fruit	12 Smothered Pork Chops Mashed Potatoes/Gravy Steamed Peas Cinnamon Applesauce	13 Chicken Caesar Salad Baked Potato Hidden Valley Carrots Pineapple	14 - Christmas Luncheon Baked Ham Baked Yams Festive Tossed Salad Cherry Oatmeal Crisp
17 Turkey & Cheese Quiche Basil Butter Roasted Potatoes Stewed Tomatoes Sliced Pears	18 Southwestern White Chili Hawaiian Coleslaw Lemon Pepper Broccoli Cinnamon Apples	19 Beef Tips w/Peppers/Onions Mashed Potatoes Green Beans Freshed Apple	20 Sweet & Sour Pork Stir Fry Vegetables Steamed Cabbage Orange	21 Chicken Ala King Steamed Cabbage Stewed Tomatoes Strawberries & Pineapple
24 Ham & Au-gratin Casserole Peas & Carrots Pear Bread Pudding	25 CLOSED FOR CHRISTMAS DAY OBSERVANCE	26 Meatloaf Baked Potato Green Beans Strawberries & Bananas	27 Beef Stew Pickled Beets Steamed Broccoli Sliced Peaches	28 - Birthday Crispy Garlic Chicken Mashed Potatoes Green Beans Country Strawberry Shortcake
31 - New Years Eve Celeration Sloppy Joe Garlic Pepper Potatoes Steamed Broccoli				

Need to Know ...

- BIRTHDAY CELEBRATION: October 26, November 30 and December 28. Come join the Vesper Hall staff as we celebrate YOUR birthday month! Lunch served 11:30 a.m. - 12:30 p.m.**
- OCTOBERFEST: OCTOBER 11, 11:30 a.m. - 12:30 p.m. Sign up for lunch and enjoy the entertainment. Sponsored by Senior Benefit Services.**
- BEGINING GENEALOGY: October 17, 10:00 a.m. - 11:00 a.m. Discover your family's history and enjoy learning about their past. No Cost.**
- SHOW TUNES LUNCHEON: October 23, 11:30 a.m. - 12:30 p.m. Sign up for lunch and enjoy the entertainment. Sponsored by Kansas City Home Medical Supply.**
- VESPER HALL COSTUME PARTY: October 31, 11:00 a.m. - 12:30 p.m. Wear a costume and be part of the Halloween parade. Treats and games! Sponsored by One Community Hospice.**
- AARP DRIVERS SAFETY PROGRAM: November 1. This 4-hour course refines existing skills and develop safe, defensive driving techniques. \$15 AARP members, \$20 for Non-memebers. 1:00 p.m. - 5:00 p.m.**
- THANKSGIVING LUNCHEON: November 16, 11:00 a.m. and 12:30 a.m. seating. Reservations taken beginning November 1. Sponsored by St. Mary's Medical Center.**
- CHRISTMAS LUNCHEON: December 14, 11:00 a.m. and 12:30 a.m. seating. Reservations taken beginning December 1. Sponsored by St. Mary's Medical Center.**

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.