

# 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.

## January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> CLOSED FOR NEW YEARS DAY OBSERVANCE	<b>2</b> Sloppy Joe Garlic Pepper Potatoes Steamed Broccoli Mandarin Oranges	<b>3</b> Tuna Noodle Casserole Steamed Peas California Blend Veggies Strawberries & Bananas
<b>6</b> Stuffed Pepper w/Meat Steamed Italian Zucchini & Yellow Squash Fruit Cocktail	<b>7</b> Hot Turkey Sandwich Mashed Potatoes w/Gravy Sliced Cooked Carrots Crushed Pineapple in Jello	<b>8</b> Ham & Beans Winter Mixed Vegetables Cornbread Tropical Fruit	<b>9-Fruit Cake Toss</b> Herb Spiced Chicken Baked Potato California Veggies Fruit Cocktail	<b>10</b> Beef Stew Pickled Beets Steamed Broccoli Sliced Peaches
<b>13</b> Chili w/Beans Tossed Salad Wheat Crackers Pineapple & Pears in Jello	<b>14</b> Smokey Mesquite Tilapia Rosemary Red Potatoes Mexican Corn Mandarin Oranges	<b>15</b> Spaghetti w/Meat Sauce Green Beans Tossed Salad Diced Pears	<b>16</b> Breakfast Pizza Cottage Cheese Apple Cabbage Salad Banana	<b>17</b> Hot Pot Roast Sandwich Mashed Potatoes w/Gravy Broccoli Florets Mandarins in Jell-o
<b>20</b> CLOSED FOR MARTIN LUTHER KING DAY OBSERVANCE	<b>21</b> Sweet & Sour Chicken Lemon Pepper Squash Orange Kissed Beets Pineapple Chunks	<b>22</b> Chicken Ala King Steamed Cabbage Stewed Tomatoes Strawberries & Pineapple	<b>23</b> Salisbury Steak Mashed Potatoes w/Gravy Brussel Sprouts Sliced Pears	<b>24</b> Liver & Onions Mashed Potatoes w/Gravy Chuckwagon Corn Red & Green Grapes
<b>27</b> Smothered Pork Chop Mashed Potatoes w/Gravy Steamed Peas Cinnamon Applesauce	<b>28</b> Chicken & Noodles Winter Mix Vegetables Hot Beets Mandarin Oranges	<b>29</b> Meatloaf w/Gravy Baked Potato Green Beans Strawberries & Bananas	<b>30-Elvis Party</b> Cheeseburger Broccoli Raisin Salad Peanut Butter Cookie Pears	<b>31-Birthday</b> BBQ Brisket Roasted Garlic Potatoes Festive Tossed Salad Jello Poke Cake

## February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Sloppy Joe Garlic Pepper Potatoes Steamed Broccoli Mandarin Oranges	<b>4</b> Tuna Noodle Casserole Steamed Peas California Blend Veggies Strawberries & Bananas	<b>5</b> Stuffed Pepper w/Meat Steamed Italian Zucchini & Yellow Squash Fruit Cocktail	<b>6</b> Hot Turkey Sandwich Mashed Potatoes w/Gravy Sliced Cooked Carrots Crushed Pineapple in Jello	<b>7</b> Ham & Beans Winter Mixed Vegetables Cornbread Tropical Fruit
<b>10</b> Herb Spiced Chicken Baked Potato California Veggies Fruit Cocktail	<b>11</b> Beef Stew Pickled Beets Steamed Broccoli Sliced Peaches	<b>12</b> Chili w/Beans Tossed Salad Wheat Crackers Pineapple & Pears in Jello	<b>13</b> Smokey Mesquite Tilapia Rosemary Red Potatoes Mexican Corn Mandarin Oranges	<b>14-Valentine Luncheon</b> Spaghetti w/Meat Sauce Green Beans Tossed Salad Diced Pears
<b>17</b> CLOSED FOR PRESIDENT'S DAY OBSERVANCE	<b>18</b> Breakfast Pizza Cottage Cheese Apple Cabbage Salad Banana	<b>19</b> Hot Pot Roast Sandwich Mashed Potatoes w/Gravy Broccoli Florets Mandarins in Jello	<b>20</b> Sweet & Sour Chicken Lemon Pepper Squash Orange Kissed Beets Pineapple Chunks	<b>21</b> Chicken Ala King Steamed Cabbage Stewed Tomatoes Strawberries & Pineapple
<b>24</b> Salisbury Steak Mashed Potatoes w/Gravy Brussel Sprouts Sliced Pears	<b>25</b> Liver & Onions Mashed Potatoes w/Gravy Chuckwagon Corn Red & Green Grapes	<b>26</b> Smothered Pork Chop Mashed Potatoes w/Gravy Steamed Peas Cinnamon Applesauce	<b>27</b> Chicken & Noodles Winter Mix Vegetables Hot Beets Mandarin Oranges	<b>28-Birthday</b> Crispy Garlic Chicken Mashed Potatoes Green Beans Strawberris in Shortcake

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# March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Cheeseburger Broccoli/Raisin Salad Peanut Butter Cookie Pears	<b>3</b> Chuckwagon Steak Buttered Corn Tossed Salad Pineapple Chunks	<b>4</b> Sloppy Joe Garlic Pepper Potatoes Steamed Broccoli Mandarin Oranges	<b>5</b> Tuna Noodle Casserole Steamed Peas California Blend Veggies Strawberries & Bananas	<b>6</b> Stuffed Pepper w/Meat Steamed Italian Zucchini & Yellow Squash Fruit Cocktail
<b>9</b> Hot Turkey Sandwich Mashed Potatoes w/Gravy Sliced Cooked Carrots Crushed Pineapple in Jello	<b>10</b> Ham & Beans Winter Mix Vegetables Tropical Fruit Cornbread	<b>11</b> Herb Spiced Chicken Baked Potato California Vegetables Fruit Cocktail	<b>12</b> Beef Stew Pickled Beets Steamed Broccoli Sliced Peaches	<b>13-St. Patrick's Day</b> Corned Beef Sauteed Cabbage Cooked Red Potatoes Steamed Carrots Lime Jello w/Peaches
<b>16</b> Smokey Mesquite Tilapia Rosemary Red Potatoes Mexican Corn Mandarin Oranges	<b>17</b> Spaghetti w/Meat Sauce Green Beans Tossed Salad Diced Pears	<b>18</b> Breakfast Pizza Cottage Cheese Apple Cabbage Salad Banana	<b>19</b> Hot Pot Roast Sandwich Mashed Potatoes w/Gravy Broccoli Florets Mandarins in Jello	<b>20</b> Sweet & Sour Chicken Lemon Pepper Squash Orange Kissed Beets Pineapple Chunks
<b>23</b> Chicken Ala King Steamed Cabbage Stewed Tomatoes Strawberries & Pineapple	<b>24</b> Salisbury Steak Mashed Potatoes w/Gravy Brussel Sprouts Sliced Pears	<b>25</b> Liver & Onions Mashed Potatoes w/Gravy Chuckwagon Corn Red & Green Grapes	<b>26</b> Smothered Pork Chops Mashed Potatoes Steamed Peas Cinnamon Applesauce	<b>27-Birthday</b> Pulled Pork Sandwich Spinach & Red Onion Salad Baked Beans Berries Medley Jello Poke Cake
<b>30</b> Meatloaf Baked Potato Green Beans Strawberries & Bananas	<b>31</b> Cheeseburger Broccoli Raisin Salad Peanut Butter Cookie Pears			

## Need to Know ...

- BIRTHDAY CELEBRATION:** January 31, February 28 and March 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 NEW YEAR'S EVE CELEBRATION:** December 31, 11:30 a.m. - 12:30 p.m. Welcome the New Year in early with lunch and festivities for the holiday.
- FRUITCAKE TOSS CELEBRATION:** January 9, Enjoy fun and games with your friends. Register to be part of the games offered on the day of this event.
- VESPER HALL FITNESS HEALTH WEEK:** January 13-17, 11:00 a.m. Hear guest speakers discuss various health topics. Join others as we do gentle stretches prior to lunch. A canned food drive will be held during this week to benefit a local pantry.
- ELVIS BIRTHDAY CELEBRATION:** January 30, 11:30 a.m. Sit back and listen to the popular tunes of Elvis. Must preregister for lunch. Sponsored by Vesper Hall Site Council.
- VALENTINE LUNCHEON:** February 14, 11:30 a.m. - 12:30 p.m. Enjoy your Valentines Day with friends during lunch. Preregister for lunch.
- HEALTH FAIR AND BREAKFAST:** February 27, 8:30 a.m. - 10:00 a.m. Learn about health services available in the Jackson County area. Receive blood pressure and other health checks. Door prizes every 15 minutes.
- ST. PATRICK'S DAY LUNCHEON:** March 13, 11:30 a.m. - 12:30 p.m. Get your green on! Enjoy lunch and learn about various ways to recycle and "GO GREEN"!
- AARP DRIVERS SAFETY PROGRAM:** March 5, 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.

## 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.