

# 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.

## July 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Herb Butter Tilapia Italian Stewed Tomatoes Garden Rice Pilaf Pineapple Chunks	<b>2</b> Hot Beef Sandwich Mashed Potatoes w/Gravy Steamed Spinach Sliced Peaches	<b>3</b> CLOSED FOR 4TH OF JULY OBSERVANCE
<b>6</b> Tuna Salad Lettuce & Tomato Slices Peas & Carrots Tag Along Fruit Salad	<b>7</b> Lemon Peppered Chicken Pickled Beets Creamed Peas Orange	<b>8</b> Spinach & Chicken Alfredo Lemon Pepper Zucchini/Squash Salad w/Green Peppers Tiramisu	<b>9</b> Philly Steak & Cheese Sandwich French Fries Green Beans Stewed Apples	<b>10</b> Curried Chicken Stir Fry Vegetables Steamed Cabbage Mandarin Oranges
<b>13</b> Smothered Pork Chop Mashed Potatoes w/Gravy Brussel Sprouts Apricots	<b>14</b> Beef Soft Tacos Southwestern Corn Spanish Rice Diced Pineapple	<b>15</b> Chicken Enchilada Casserole Black Beans & Rotel Tossed Salad Banana	<b>16</b> Cowboy Butter Shrimp Arugula /Corn Salad Hidden Valley Carrots Mandarin Oranges	<b>17</b> Hamburger Pizza w/Mushrooms & Black Olives Salad Sliced Peaches
<b>20</b> Black & Bleu Burger Sweet Potato Wedges Cucumber Dill Salad Pineapple in Gelatin	<b>21</b> Butter Chicken Chickpea Salad Basmati Rice Peach	<b>22</b> Tuna Noodle Casserole Steamed Peas California Blend Vegetables Strawberries & Bananas	<b>23</b> Chef Salad w/Ham, Turkey, & Bacon Lemon Pepper Brussel Sprouts Fresh Grapes	<b>24</b> Catfish Nuggets Creamy Cole Slaw Chuckwagon Corn Diced Peaches
<b>27</b> Hawaiian Chicken Glazed Carrots Buttered Peas Peach Cobbler	<b>28</b> Chicken Salad Steamed Broccoli Seasoned Potato Wedges Berries & Bananas	<b>29</b> Chicken & Swiss Hoagie Sweet Potato Wedges Spinach Salad w/Berries Banana	<b>30</b> Herb Butter Tilapia Italian Stewed Tomatoes Garden Rice Pilaf Pineapple Chunks	<b>31-Birthday</b> Pulled Pork Sandwich Spinach & Red Onion Salad Baked Beans Berries Medley Jello Poke Cake

## August 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Hot Beef Sandwich Mashed Potatoes w/Gravy Steamed Spinach Sliced Peaches	<b>4</b> All Beef Hot Dog Baked Potato Chips Lemon Peppered Squash Festive Tossed Salad	<b>5</b> Tuna Salad Lettuce & Tomato Slices Peas & Carrots Tag Along Fruit Salad	<b>6</b> Lemon Peppered Chicken Pickled Beets Creamed Peas Orange	<b>7</b> Spinach & Chicken Alfredo Lemon Pepper Zucchini/Squash Salad w/Green Peppers Tiramisu
<b>10</b> Philly Steak & Cheese Sandwich French Fries Green Beans Stewed Apples	<b>11</b> Curried Chicken Stir Fry Vegetables Steamed Cabbage Mandarin Oranges	<b>12</b> Smothered Pork Chop Mashed Potatoes w/Gravy Brussel Sprouts Apricots	<b>13</b> Beef Soft Tacos Southwestern Corn Spanish Rice Diced Pineapple	<b>14</b> Chicken Enchilada Casserole Black Beans & Rotel Tossed Salad Banana
<b>17</b> Cowboy Butter Shrimp Arugula /Corn Salad Hidden Valley Carrots Mandarin Oranges	<b>18</b> Hamburger Pizza w/Mushrooms & Black Olives Salad Sliced Peaches	<b>19</b> Black & Bleu Burger Sweet Potato Wedges Cucumber Dill Salad Pineapple in Gelatin	<b>20</b> Butter Chicken Chickpea Salad Basmati Rice Peach	<b>21</b> Tuna Noodle Casserole Steamed Peas California Blend Vegetables Strawberries & Bananas
<b>24</b> Chef Salad w/Ham, Turkey, & Bacon Lemon Pepper Brussel Sprouts Fresh Grapes	<b>25</b> Catfish Nuggets Creamy Cole Slaw Chuckwagon Corn Diced Peaches	<b>26</b> Hawaiian Chicken Glazed Carrots Buttered Peas Peach Cobbler	<b>27</b> Chicken Salad Steamed Broccoli Seasoned Potato Wedges Berries & Bananas	<b>28-Birthday</b> BBQ Brisket Southern Potato Salad Catalina Mixed Vegetables Jello Poke Cake
<b>31</b> Chicken & Swiss Hoagie Sweet Potato Wedges Spinach Salad w/Berries Banana				

# September 2020

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Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Herb Butter Tilapia Italian Stewed Tomatoes Garden Rice Pilaf Pineapple Chunks	<b>2</b> Hot Beef Sandwich Mashed Potatoes w/Gravy Steamed Spinach Sliced Peaches	<b>3</b> All Beef Hot Dog Baked Potato Chips Lemon Pepered Squash Festive Tossed Salad	<b>4</b> Tuna Salad Lettuce & Tomato Slices Peas & Carrots Tag Along Fruit Salad
<b>7</b> CLOSED FOR LABOR DAY OBSERVANCE	<b>8</b> Lemon Pepered Chicken Pickled Beets Creamed Peas Orange	<b>9</b> Spinach & Chicken Alfredo Lemon Pepper Zucchini/Squash Salad w/Green Peppers Tiramisu	<b>10</b> Philly Steak & Cheese Sandwich French Fries Green Beans Stewed Apples	<b>11</b> Curried Chicken Stir Fry Vegetables Steamed Cabbage Mandarin Oranges
<b>14</b> Smothered Pork Chop Mashed Potatoes w/Gravy Brussel Sprouts Apricots	<b>15</b> Beef Soft Tacos Southwestern Corn Spanish Rice Diced Pineapple	<b>16</b> Chicken Enchilada Casserole Black Beans & Rotel Tossed Salad Banana	<b>17</b> Cowboy Butter Shrimp Arugula /Corn Salad Hidden Valley Carrots Mandarin Orangesle	<b>18</b> Hamburger Pizza w/Mushrooms & Black Olives Salad Sliced Peaches
<b>21</b> Black & Bleu Burger Sweet Potato Wedges Cucumber Dill Salad Pineapple in Gelatin	<b>22</b> Butter Chicken Chickpea Salad Basmati Rice Peach	<b>23</b> Tuna Noodle Casserole Steamed Peas California Blend Vegetables Strawberries & Bananas	<b>24</b> Chef Salad w/Ham, Turkey, & Bacon Lemon Pepper Brussel Sprouts Fresh Grapes	<b>25-Birthday</b> Crispy Garlic Chicken Mashed Potatoes Green Beans Strawberries in Shortcake
<b>28</b> Catfish Nuggets Creamy Cole Slaw Chuckwagon Corn Diced Peaches	<b>29</b> Hawaiian Chicken Glazed Carrots Butterd Peas Diced Peaches	<b>30</b> Chicken Salad Steamed Broccoli Seasoned Potato Wedges Berries & Bananas		

## Need to Know ...

**BIRTHDAY CELEBRATION: July 31, August 28 and September 25. 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. Sponsored by Novel Place, Family First Protection Group.**

## 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.

