

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 2021

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Teriyaki Chicken Salad Salad Mix & Tomatoes 3 Bean Salad Tropical Fruit	2 Chili Dog California Blend Veggies Sun Chips Diced Peaches
5 CLOSED FOR 4th of JULY DAY OBSERVANCE	6 Sloppy Joe Sandwich Garlic Pepper Potatoes Steamed Broccoli Mandarin Oranges	7 Ham & Beans Winter Mix Vegetables Cornbread Tropical Fruit	8 Liver & Onions Mashed Potatoes & Gravy Chuckwagon Corn Red & Green Grapes	9 Smokey Mesquite Tilapia Rosemary Red Potatoes Mexican Corn Mandarin Oranges
12 Cheeseburger Broccoli Raisin Salad Pears Peanut Butter Cookie	13 Sweet & Sour Chicken Lemon Pepper Squash Orange Kissed Beets Pineapple Chunks	14 Tuna Salad w/Lettuce/Tomatoes Peas & Carrots Tag Along Fruit Salad	15 Smothered Pork Chop Mashed Potatoes Brussel Sprouts Apricots	16 Grilled Chicken Caesar Salad Baked Potato Hidden Valley Carrots Pineapple Chunks
19 Baked Cod Roasted Garlic Potatoes Butter Beans Fruit Delight	20 Chicken Alfredo Steamed Broccoli Carrots Honeydew Slice	21 Steak Fajita Salad Pioneer Brussel Sprouts Tortilla Chips Peach Cobbler	22 Chicken Salad Sandwich Seasoned Potato Wedges Steamed Broccoli Berries & Bananas	23 Buffalo Chicken Sandwich Beer Battered Onion Rings Lemon Pepper Antigua Blend Veggies Ambrosia Salad
26 Hamburger Pizza Salad w/Peppers & Tomatoes Riviera Blend Veggies Sliced Peaches	27 Crab/Scallion/Cheddar Quiche 3 Bean Salad Tossed Salad Honeydew Slice	28 Baked Pork Chop Lemon Peppered Broccoli Black Eyed Peas Strawberries	29 Gnocchi w/Pesto Cream Sauce Salad Mix Roasted Garlic Brussel Sprouts Cantaloupe Slice	30-Birthday Crispy Garlic Chicken Mashed Potatoes Green Beans Country Strawberry Shortcake

AUGUST 2021

Monday	Tuesday	Wednesday	Thursday	Friday
2 Teriyaki Chicken Salad Salad Mix & Tomatoes 3 Bean Salad Tropical Fruit	3 Chili Dog California Blend Veggies Sun Chips Diced Peaches	4 Sloppy Joe Sandwich Garlic Pepper Potatoes Steamed Broccoli Mandarin Oranges	5 Ham & Beans Winter Mix Vegetables Cornbread Tropical Fruit	6 Liver & Onions Mashed Potatoes & Gravy Chuckwagon Corn Red & Green Grapes
9 Smokey Mesquite Tilapia Rosemary Red Potatoes Mexican Corn Mandarin Oranges	10 Cheeseburger Broccoli Raisin Salad Pears Peanut Butter Cookie	11 Sweet & Sour Chicken Lemon Pepper Squash Orange Kissed Beets Pineapple Chunks	12 Tuna Salad w/Lettuce/Tomatoes Peas & Carrots Tag Along Fruit Salad	13 Smothered Pork Chop Mashed Potatoes Brussel Sprouts Apricots
16 Grilled Chicken Caesar Salad Baked Potato Hidden Valley Carrots Pineapple Chunks	17 Baked Cod Roasted Garlic Potatoes Butter Beans Fruit Delight	18 Chicken Alfredo Steamed Broccoli Carrots Honeydew Slice	19 Steak Fajita Salad Pioneer Brussel Sprouts Tortilla Chips Peach Cobbler	20 Chicken Salad Sandwich Seasoned Potato Wedges Steamed Broccoli Berries & Bananas
23 Buffalo Chicken Sandwich Beer Battered Onion Rings Lemon Pepper Antigua Blend Veggies Ambrosia Salad	24 Hamburger Pizza Salad w/Peppers & Tomatoes Riviera Blend Veggies Sliced Peaches	25 Crab/Scallion/Cheddar Quiche 3 Bean Salad Tossed Salad Honeydew Slice	26 Baked Pork Chop Lemon Peppered Broccoli Black Eyed Peas Strawberries	27-Birthday Pulled Pork Sandwich Spinach & Onion Salad Baked Beans Berries Melody
30 Baked Chicken & Avocado Sandwich Sweet Potato Wedges Pasta Salad Orange	31 Teriyaki Chicken Salad Salad Mix & Tomatoes 3 Bean Salad Tropical Fruit			

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SEPTEMBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chili Dog California Blend Sun Chips Diced Peaches	2 Sloppy Joe Sandwich Garlic Pepper Potatoes Steamed Broccoli Mandarin Oranges	3 Ham & Beans Winter Mix Vegetables Cornbread Tropical Fruit
6 CLOSED FOR LABOR DAY OBSERVANCE	7 Liver & Onions Mashed Potatoes & Gravy Chuckwagon Corn Red & Green Grapes	8 Smokey Mesquite Tilapia Rosemary Red Potatoes Mexican Corn Mandarin Oranges	9 Cheeseburger Broccoli Raisin Salad Pears Peanut Butter Cookie	10 Sweet & Sour Chicken Lemon Pepper Squash Orange Kissed Beets Pineapple Chunks
13 Tuna Salad w/Lettuce/Tomatoes Peas & Carrots Tag Along Fruit Salad	14 Smoothered Pork Chop Mashed Potatoes Brussel Sprouts Apricots	15 Grilled Chicken Caesar Salad Baked Potato Hidden Valley Carrots Pineapple Chunks	16 Baked Cod Roasted Garlic Potatoes Butter Beans Fruit Delight	17 Chicken Alfredo Steamed Broccoli Carrots Honeydew Slice
20 Steak Fajita Salad Pioneer Brussel Sprouts Tortilla Chips Peach Cobbler	21 Chicken Salad Sandwich Seasoned Potato Wedges Steamed Broccoli Berries & Bananas	22 Buffalo Chicken Sandwich Beer Battered Onion Rings Lemon Pepper Antigua Blend Veggies Ambrosia Salad	23 Hamburger Pizza Salad w/Peppers & Tomatoes Riviera Blend Veggies Sliced Peaches	24-Birthday BBQ Brisket Sandwich Mesquite Roasted Corn Steamed Carrots Watermelon Wedge Jello Poke Cake
27 Baked Pork Chop Lemon Peppered Broccoli Black Eyed Peas Strawberries	28 Gnocchi w/Pesto Cream Sauce Salad Mix Roasted Garlic Brussel Sprouts Cantaloupe Slice	29 Baked Chicken & Avocado Sandwich Sweet Potato Wedges Pasta Salad	30 Teriyaki Chicken Salad Salad Mix & Tomatoes 3 Bean Salad Tropical Fruit	

Need to Know ...

BIRTHDAY CELEBRATION – July 30, August 27, and September 24. Come join the Vesper Hall staff as we celebrate YOUR birthday month! Lunch served 11:30 a.m. Celebrate during lunch! Preregister for lunch.

Wii WEDNESDAYS – 9:30 a.m.-11 a.m. Let's do this! Come play!

BLOOD PRESSURE CHECKS - 3rd Mondays, 10-11:30 a.m. (VNA sponsor) and 1st Thursdays 11-noon (St. Mary's sponsor)

ARTHRITIS EXERCISE –Tuesdays, Thursdays, 11:30 a.m. \$2 per drop in visit.

PROJECT CRAFT – 2nd/4th Tuesdays, 6-8 p.m. \$1.50. Bring a craft to work on-enjoy camaraderie!

**DANCE LESSONS – Two Step –July 7-28, 7:15-8:45 p.m. \$29
Line dance – July 7-28, 6-7 p.m. \$29**

LINE DANCE PARTY – Friday, June 25, 6:30 – 9 p.m. \$5 at the door

TEA DANCE SUNDAYS - 2nd Sundays, 2-4 p.m. \$6 @ the door. Joe Walker Band performs

CONCERTS IN THE PARK – Every Sunday, 6-8 p.m. Pick up a schedule on the wall display.

Call Vesper Hall at 228-0181 or stop by the counter to register for any of the above events or lunch!

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.