

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 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED IN OBSERVANCE OF NEW YEARS	3 Beef Tips w/ Gravy Mashed Potatoes Green Beans Apple	4 - Spaghetti Day Spaghetti w/ Meat Sauce Green Beans Tossed Salad Diced Pears	5 Chicken Pot Pie Country Vegetables Waldorf Salad	6 Chili with Beans Tossed Salad Pineapple and Pears in Jell-O
9 Breakfast Pizza Cottage Cheese Apple Cabbage Salad Bananas & Berries	10 Ham & Beans Winter Mix Veg Tropical Fruit Cornbread	11 Smothered Pork Chop Mashed Potatoes Peas Cinnamon Applesauce	12 BBQ Chicken Sandwich Mashed Sweet Potato Southwestern Corn Tropical Fruit Cup	13 Meatloaf Baked Potato Green Beans Straberries & Bananas
16 CLOSED IN OBSERVANCE OF MLK DAY	17 Lasagna Spinach Salad w/Berries Italian Vegetables Mandarin Oranges	18 Shepherd's Pie Steamed Carrots & Peas Pears in Jello-O	19 Chili Dog California Blend Deiced Peaches	20 - Elvis Day Cheeseburger Broccoli & Rasisin Salad Pears
23 Shrimp & Grits Normandy Vegetables Diced Peaches	24 Lemon Pepper Chicken Garden Rice Pilaf Riviera Blend Veg Fruit Delight	25 Hungarian Goulash Stewed Tomatoes Riviera Blend Vegetables Pear	26 Black & Bleu Burger Sweet Potato Wedges Cucubmer Dill Salad Pineapple in Jell-O	27 - Birthday BBQ Brisket Southern Potato Salad Catalina Mixed Veggies Jell-O Poke CAke
30 Stuffed Green Pepper Coleslaw Black-Eyed Peas Banana	31 Liver & Onions Chuckwagon Corn MAshed Potatoes & Gravy Red & Green Grapes			

FEBRUARY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Beef Tips w/ Gravy Mashed Potatoes Green Beans Apple	2 Spaghetti w/ Meat Sauce Green Beans Tossed Salad Diced Pears	3 Chicken Pot Pie Country Vegetables Waldorf Salad
6 Chili with Beans Tossed Salad Pineapple and Pears in Jell-O	7 Breakfast Pizza Cottage Cheese Apple Cabbage Salad Bananas & Berries	8 Ham & Beans Winter Mix Veg Tropical Fruit Cornbread	9 Smothered Pork Chop Mashed Potatoes Peas Cinnamon Applesauce	10 - Superbowl Party BBQ Chicken Sandwich Mashed Sweet Potato Southwestern Corn Tropical Fruit Cup
13 Meatloaf Baked Potato Green Beans Straberries & Bananas	14 - Valentine's Lasagna Spinach Salad w/Berries Italian Vegetables Mandarin Oranges	15 Shepherd's Pie Steamed Carrots & Peas Pears in Jello-O	16 Chili Dog California Blend Deiced Peaches	17 Cheeseburger Broccoli & Rasisin Salad Pears
20 CLOSED IN OBSERVANCE OF PRESIDENT'S DAY	21 - Mardi Gras Shrimp & Grits Normandy Vegetables Diced Peaches	22 Lemon Pepper Chicken Garden Rice Pilaf Riviera Blend Veg Fruit Delight	23 Hungarian Goulash Stewed Tomatoes Riviera Blend Vegetables Pear	24 - Birthday Roasted Pork w/Gravy Mashed Potatoes Festive Tossed Salad Cake & Ice Cream
27 Smothered Chicken Mashed Potatoes & Gravy Cinnamon Apples	28 Stuffed Green Pepper Coleslaw Black-Eyed Peas Banana			

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MARCH 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Liver & Onions Chuckwagon Corn MAshed Potatoes & Gravy Red & Green Grapes	2 Buffalo Chicken Sandwich Onion Rings Antigua Blend Ambrosia Salad	3 Beef Tips w/ Gravy Mashed Potatoes Green Beans Apple
6 Spaghetti w/ Meat Sauce Green Beans Tossed Salad Diced Pears	7 Chicken Pot Pie Country Vegetables Waldorf Salad	8 Chili with Beans Tossed Salad Pineapple and Pears in Jell-O	9 Breakfast Pizza Cottage Cheese Apple Cabbage Salad Bananas & Berries	10 Ham & Beans Winter Mix Veg Tropical Fruit Cornbread
13 Smothered Pork Chop Mashed Potatoes Peas Cinnamon Applesauce	14 BBQ Chicken Sandwich Mashed Sweet Potato Southwestern Corn Tropical Fruit Cup	15 Meatloaf Baked Potato Green Beans Straberries & Bananas	16 Lasagna Spinach Salad w/Berries Italian Vegetables Mandarin Oranges	17 - St. Patrick's Day Corned Beef Sauteed Cabbage Cooked Red Potatoes Steamed Carrots
20 - Royal's Day Chili Dog California Blend Deiced Peaches	21 Cheeseburger Broccoli & Rasin Salad Pears	22 Shrimp & Grits Normandy Vegetables Diced Peaches	23 Lemon Pepper Chicken Garden Rice Pilaf Riviera Blend Veg Fruit Delight	24 Hungarian Goulash Stewed Tomatoes Riviera Blend Vegetables Pear
27 Black & Bleu Burger Sweet Potato Wedges Cucubmer Dill Salad Pineapple in Jell-O	28 Smothered Chicken Mashed Potatoes & Gravy Cinnamon Apples	29 Stuffed Green Pepper Coleslaw Black-Eyed Peas	30 Liver & Onions Chuckwagon Corn MAshed Potatoes & Gravy	31 - Birthday BBQ Brisket Roasted Garlic Potatoes Festive Tossed Salad

Need to Know ...

****You must pre-register for all lunches or breakfast events!****

BIRTHDAY CELEBRATION - JANUARY 27, FEBRUARY 24, MARCH 31

NATIONAL SPAGHETTI DAY - January 4

ELVIS BIRTHDAY CELEBRATION - January 20

PRE-SUPERBOWL PARTY - February 10

VALENTINE'S DAY CELEBRATION - February 14

BREAKFAST AND HEALTH TALK - February 16

MARDIS GRAS CELEBRATION - February 21

ST. PATRICK'S DAY CELEBRATION - March 17

ROYALS CELEBRATION - March 20

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.