

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 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3 - 4th Celebra- BBQ Chicken sandwich Mashed Sweet Potato Southwestern Corn Tropical Fruit	4 CLOSED IN OBSERVANCE OF THE 4th OF JULY	5 Chili Dog California Blend Diced Peaches Sunchips	6 Teriyaki Chicken Salad Spring mix 3 Bean Salad Tropical Fruit	7 Smothered Pork Chop Mashed Potatoes Steamed Peas Cinnamon Applesauce
10 Sweet & Sour Chicken Lemon Pepper Squash Orange Kissed Beets Pineapple Chunks	11 Breakfast Pizza Cottage Cheese Apple Cabbage Salad Bananas & Berries	12 Baked Ziti Roasted Vegetables Salad Mandarins	13 Hawaiian Chicken Glazed Carrots Buttered Peas Peach Cobbler	14 Beef Soft Tacos Southwestern Corn Spanish Rice Diced Pineapple
17 - Ice Cream Day Chicken Salad Steamed Broccoli Seasoned Potato Wedges Berries & Bananas	18 Breakfast Quiche Spring Mix Pickled Beets Orange	19 Cheeseburger Broccoli Raisin Salad Pears Peanut Butter Cookie	20 Grilled Chicken Caesar Salad Baked Potato Hidden Valley Carrots Pineapple Chunks	21 Gnocchi W/Pesto Cream Sauce Salad Roasted Brussel Sprouts Cantaloupe
24 Pulled Pork Sandwich Spinach & Red Onion Salad Baked Beans Berries Melody	25 Pot Roast Sandwich Mashed Potatoes Broccoli Florets Mandarins in Jell-O	26 Chef Salad Lemon Peppered Brussel Sprouts Grapes	27 Cowboy Butter Shrimp Arugula & Corn Salad Mandarin Orange Peanut Butter Cookie	28 - Birthday Roasted Pork Mashed Potatoes Tossed Salad Cake & Ice Cream
31 Sloppy Joe Garlic Pepper Potatoes Steamed Broccoli Mandarin Orange				

AUGUST 2023

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Butter Chicken Chickpea Salad Lemon Pepper Cabbage Peach	2 BBQ Chicken sandwich Mashed Sweet Potato Southwestern Corn Tropical Fruit	3 Chili Dog California Blend Diced Peaches Sunchips	4 Teriyaki Chicken Salad Spring mix 3 Bean Salad Tropical Fruit
7 - Purple Heart Smothered Pork Chop Mashed Potatoes Steamed Peas Cinnamon Applesauce	8 Sweet & Sour Chicken Lemon Pepper Squash Orange Kissed Beets Pineapple Chunks	9 Breakfast Pizza Cottage Cheese Apple Cabbage Salad Bananas & Berries	10 Baked Ziti Roasted Vegetables Salad Mandarins	11 - Luau Hawaiian Chicken Glazed Carrots Buttered Peas Peach Cobbler
14 Beef Soft Tacos Southwestern Corn Spanish Rice Diced Pineapple	15 Chicken Salad Steamed Broccoli Seasoned Potato Wedges Berries & Bananas	16 Breakfast Quiche Spring Mix Pickled Beets Orange	17 Cheeseburger Broccoli Raisin Salad Pears Peanut Butter Cookie	18 Grilled Chicken Caesar Salad Baked Potato Hidden Valley Carrots Pineapple Chunks
21 Gnocchi W/Pesto Cream Sauce Salad Roasted Brussel Sprouts Cantaloupe	22 Pulled Pork Sandwich Spinach & Red Onion Salad Baked Beans Berries Melody	23 Pot Roast Sandwich Mashed Potatoes Broccoli Florets Mandarins in Jell-O	24 Chef Salad Lemon Peppered Brussel Sprouts Grapes	25 - Birthday BBQ Brisket Mesquite Roasted Corn Steamed Carrots Watermelon Wedge
28 Teriyaki Steak Kabobs Peppers & Onions Steamed Broccoli Diced Pineapple	29 Sloppy Joe Garlic Pepper Potatoes Steamed Broccoli Mandarin Orange	30 Butter Chicken Chickpea Salad Lemon Pepper Cabbage Peach	31 BBQ Chicken sandwich Mashed Sweet Potato Southwestern Corn Tropical Fruit	

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SEPTEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				1 - TAILGATING Chili Dog California Blend Diced Peaches Sunchips
4 CLOSED IN OBSERVANCE OF LABOR DAY	5 Teriyaki Chicken Salad Spring Mix Tropical Fruit	6 Smothered Pork Chop Mashed Potatoes Steamed Peas Cinnamon Applesauce	7 Sweet & Sour Chicken Lemon Pepper Squash Orange Kissed Beets Pineapple Chunks	8 Breakfast Pizza Cottage Cheese Apple Cabbage Salad Bananas & Berries
11 Baked Ziti Roasted Vegetables Salad Mandarins	12 - MILK SHAKE Hawaiian Chicken Glazed Carrots Buttered Peas Peach Cobbler	13 Beef Soft Tacos Southwestern Corn Spanish Rice Diced Pineapple	14 Chicken Salad Steamed Broccoli Seasoned Potato Wedges Berries & Bananas	15 Breakfast Quiche Spring Mix Pickled Beets Orange
18 Cheeseburger Broccoli Raisin Salad Pears Peanut Butter Cookie	19 Grilled Chicken Caesar Salad Baked Potato Hidden Valley Carrots Pineapple Chunks	20 Gnocchi W/Pesto Cream Sauce Salad Roasted Brussel Sprouts Cantaloupe	21 Pulled Pork Sandwich Spinach & Red Onion Salad Baked Beans Berries Melody	22 Pot Roast Sandwich Mashed Potatoes Broccoli Florets Mandarins in Jell-O
25 Chef Salad Lemon Peppered Brussel Sprouts Grapes	26 Cowboy Butter Shrimp Arugula & Corn Salad Mandarin Orange Peanut Butter Cookie	27 Teriyaki Steak Kabobs Peppers & Onions Steamed Broccoli	28 Sloppy Joe Garlic Pepper Potatoes Steamed Broccoli	29 - Birthday Lasagna Spinach Salad w/Berries Italian Vegetables Mandarin Oranges

Need to Know ...

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

BIRTHDAY CELEBRATION – JULY 28, AUGUST 25, SEPTEMBER 29

NATIONAL TAILGATING DAY - September 1

CHOCOLATE MILK SHAKE DAY - September 12

NATIONAL CHEESEBURGER DAY - September 18

HALLOWEEN PARTY - October 31

VETERAN'S DAY CELEBRATION - November 9

THANKSGIVING LUNCHEON - November 17

NATIONAL COOKIE DAY - December 4

CHRISTMAS LUNCHEON - December 15

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.