

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.

OCTOBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 Herb Spiced Chicken Potato California Vegetables Fruit Cocktail	3 Hamburger Plizza Salad Sliced Peaches Graham Crackers	4 Baked Pork Chop w/Apple Compote Lemon Peppered Broccoli Black Eyed Peas Strawberries	5 Chicken Pot Pie Country Vegetable Butter Beans Waldorf Salad	6 Buffalo Chicken Sandwich Onion Rings Antigua Blend Ambrosia Salad
9 Spaghetti & Meat Sauce Green Beans Tossed Salad Diced Pears	10 Black & Bleu Burger Sweet Potato Wedges Cucumber Dill Salad Jell-o w/ Pineapple	11 Spinach & Chicken Alfredo Lemon Pepper Squash Salad Breadstick	12 Chili w/Beans Tossed Salad Jell-o w/Pears Crackers	13 Salsibury Steak Mashed Potatoes Peas & Carrots Jell-o w/Mandarin Oranges
16 Steak Fajita Salad Brussel Sprouts Tortilla Chips Peach Cobbler	17 Lemon Pepper Chicken Garden Rice Pilaf Riviera Vegetables Fruit Delight	18 Beef Tips w/Gravy Mashed Potatoes Green Beans Apple	19 Chicken & Noodles Winter Mix Vegetables Hot Beets Mandarin Oranges	20 Tuna Noodle Casserole Steamed Peas California Blend Vegetables Strawberries & Bananas
23 Pork Tenderloin Waffle Fries Carrots & Ranch Apple	24 Ham & Beans Winter Mix Vegetables Cornbread Tropical Fruit	25 Chicken Ala King Steamed Cabbage Stewed Tomatoes Strawberries & Pineapple	26 - Health Fair Hot Turkey Sandwich Mashed Potatoes Cooked Carrots Jell-o w/Pineapple	27 - Birthday Crispy Garlic Chicken Mashed Potatoes Green Beans Strawberry Shortcake
30 Meatloaf Baked Potato Green Beans Strawberries & Bananas	31 - Halloween Herb Spiced Chicken Potato California Vegetables Fruit Cocktail			

NOVEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Hamburger Plizza Salad Sliced Peaches Graham Crackers	2 Baked Pork Chop w/Apple Compote Lemon Peppered Broccoli Black Eyed Peas	3 Chicken Pot Pie Country Vegetable Butter Beans Waldorf Salad
6 Buffalo Chicken Sandwich Onion Rings Antigua Blend Ambrosia Salad	7 Spaghetti & Meat Sauce Green Beans Tossed Salad Diced Pears	8 Black & Bleu Burger Sweet Potato Wedges Cucumber Dill Salad Jell-o w/ Pineapple	9 Spinach & Chicken Alfredo Lemon Pepper Squash Salad Breadstick	10 CLOSED IN HONOR OF VETERAN'S DAY
13 Chili w/Beans Tossed Salad Jell-o w/Pears Crackers	14 Salsibury Steak Mashed Potatoes Peas & Carrots Jell-o w/Mandarin Oranges	15 Steak Fajita Salad Brussel Sprouts Tortilla Chips Peach Cobbler	16 Lemon Pepper Chicken Garden Rice Pilaf Riviera Vegetables Fruit Delight	17 - Thanksgiving Turkey Mashed Potatoes Green Beans Stuffing Pumpin Pie
20 Chicken & Noodles Winter Mix Vegetables Hot Beets Mandarin Oranges	21 Tuna Noodle Casserole Steamed Peas California Blend Vegetables Strawberries & Bananas	22 Pork Tenderloin Waffle Fries Carrots & Ranch Apple	23 Happy Thanksgiving!	24 CLOSED FOR THE THANKSGIVING HOLIDAY
27 Ham & Beans Winter Mix Vegetables Cornbread Tropical Fruit	28 Chicken Ala King Steamed Cabbage Stewed Tomatoes Strawberries & Pineapple	29 Hot Turkey Sandwich Mashed Potatoes Cooked Carrots Jell-o w/Pineapple	30 Liver & Onions Chuckwagon Corn Mashed Potatoes Red & Green Grapes	

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DECEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Herb Spiced Chicken Potato California Vegetables Fruit Cocktail
4 Hamburger Plzza Salad Sliced Peaches Graham Crackers	5 Baked Pork Chop w/Apple Compote Lemon Peppered Broccoli Black Eyed Peas	6 Chicken Pot Pie Country Vegetables Butter Beans Waldorf Salad	7 Buffalo Chicken Sandwich Onion Rings Antigua Blend Ambrosia Salad	8 Spaghetti & Meat Sauce Green Beans Tossed Salad Diced Pears
11 Black & Bleu Burger Sweet Potato Wedges Cucumber Dill Salad Jell-o w/ Pineapple	12 Spinach & Chciken Alfredo Lemon Pepper Squash Salad Breadstick	13 Chili w/Beans Tossed Salad Jell-o w/Pears Crackers	14 Salsibury Steak Mashed Potatoes Peas & Carrots Jell-o w/Mandarin Oranges	15 - Christmas Ham Baked Yams Tossed Salad Cherry Oatmeal Crisp
18 Lemon Pepper Chicken Garden Rice Pilaf Riviera Vegetables Fruit Delight	19 Beef Tips w/Gravy Mashed Potatoes Green Beans Apple	20 Chicken & Noodles Winter Mix Vegetables Hot Beets Mandarin Oranges	21 Tuna Noodle Casserole Steamed Peas California Blend Vegetables Strawberries & Bananas	22 CLOSED FOR THE CHRISTMAS HOLIDAY!
25 MERRY CHRISTMAS!	26 Pork Tenderloin Waffle Fries Carrots & Ranch Apple	27 Ham & Beans Winter Mix Vegetables Cობread	28 Chicken Ala King Steamed Cabbage Stewed Tomatoes	29 - Birthday Roasted Pork w/Gravy Mashed Potatoes Tossed Salad Cake and Ice Cream

Need to Know ...

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

BIRTHDAY CELEBRATION – October 27 and December 29

HALLOWEEN PARTY - October 31st

VETERAN'S DAY CELEBRATION - November 9th

NATIONAL COOKIE DAY - December 4th

HOLIDAY LUNCHESES:

THANKSGIVING: November 17th

CHRISTMAS: December 15th

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.