

# 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 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Chili Dog California Blend Veggies Chips Diced Peaches	<b>3</b> Chicken Enchilada Casserole Black Beans/Rotel Tossed Salad w/Red Peppers Banana	<b>4</b> CLOSED FOR 4th of JULY OBSERVANCE	<b>5</b> Black & Bleu Burger Cucumber Dill Salad Sweet Potato Wedges Pineapple in Jello	<b>6</b> Breakfast Pizza Cottage Cheese Apple Cabbage Salad Banana
<b>9</b> Teriyaki Chicken Salad Spring Mix Salad 3 Bean Salad Tropical Fruit	<b>10</b> Crab & Scallion Quiche 3 Bean Salad Tossed Salad Honeydew Slice	<b>11</b> Chef Salad w/Ham/Turkey/Bacon Lemon Pepper Brussel Sprouts Fresh Grapes	<b>12</b> Salisbury Steak w/Gravy Mashed Potatoes & Gravy Brussel Sprouts Sliced Pears	<b>13</b> Chicken Pot Pie Butter Beans Waldorf Salad w/Greens
<b>16</b> Turkey & Swiss Sandwich- Spring Mix Salad w/berries Bananas & Mandarins	<b>17</b> Beef Taco Salad Refried Beans Tortilla Chips Pineapple	<b>18</b> Ham & Au Gratin Casserole Peas & Carrots Pear Bread Pudding	<b>19</b> Turkey Burger Kale & Red Cabbage Salad Sweet Potato Wedges Stewed Apples	<b>20</b> Chicken Salad Sandwich Steamed Broccoli Seasoned Potato Wedges Berries & Bananas
<b>23</b> Herb Butter Tilapia Italian Stewed Tomatoes Garden Rice Pilaf Pineapple Chunks	<b>24</b> BBQ Chicken Sandwich Southern Potato Salad Country Trio Vegetables Mandarin Oranges	<b>25</b> Pork Tenderloin Sandwich Waffle Fries Hidden Valley Carrots Fresh Apple	<b>26</b> Tuna Salad w/Tomato Slices Peas & Carrots Tag Along Fruit Salad	<b>27 - Birthday</b> Crispy Garlic Chicken Mashed Potatoes Green Beans Country Strawberry Shortcake
<b>30</b> Stuffed Green Pepper Cole Slaw Black-eyed Peas Banana	<b>31</b> Pot Roast Sandwich Mashed Potatoes w/Gravy Broccoli Florets Mandarin in Jello			

## August 2018

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Chili Dog California Blend Veggies Chips Diced Peaches	<b>2</b> Chicken Enchilada Black Beans/Rotel Tossed Salad w/Red Peppers Banana	<b>3</b> Black & Bleu Burger Sweet Potato Wedges Cucumber Dill Salad Pineapple in Jello
<b>6</b> Breakfast Pizza Cottage Cheese Apple Cabbage Salad Banana	<b>7</b> Teriyaki Chicken Salad Spring Mix Salad 3 Bean Salad Tropical Fruit	<b>8</b> Crab & Scallion Quiche 3 Bean Salad Tossed Salad Honeydew Slice	<b>9</b> Chef Salad w/Ham/Turkey/Bacon Lemon Pepper Brussel Sprouts Fresh Grapes	<b>10</b> Salisbury Steak w/Gravy Mashed Potatoes w/Gravy Brussel Sprouts Sliced Pears
<b>13</b> Chicken Pot Pie Butter Beans Waldorf Salad w/Greens	<b>14</b> Turkey & Swiss Sandwich Spring Mix Salad w/Berries Bananas & Mandarins	<b>15</b> Beef Taco Salad Refried Beans Tortilla Chips Pineapple	<b>16</b> Ham & Au Gratin Casserole Peas & Carrots Pear Bread Pudding	<b>17</b> Turkey Burger Kale & Red Cabbage Salad Sweet Potato Wedges Stewed Apples
<b>20</b> Chicken Salad Sandwich Steamed Broccoli Seasoned Potato Wedges Berries & Bananas	<b>21</b> Herb Butter Tilapia Italian Stewed Tomatoes Garden Rice Pilaf Pineapple Chunks	<b>22</b> BBQ Chicken Sandwich Southern Potato Salad Country Trio Vegetables Mandarin Oranges	<b>23</b> Pork Tenderloin Sandwich Waffle Fries Hidden Valley Carrots Fresh Apple	<b>24</b> Tuna Salad w/Tomato Slices Peas & Carrots Tag Along Fruit Salad
<b>27</b> Swedish Meatballs Pickled Beets Brussel Sprouts Diced Peaches	<b>28</b> Stuffed Green Pepper Cole Slaw Black-eyed Peas Banana	<b>29</b> Pot Roast Sandwich Mashed Potatoes w/Gravy Broccoli Florets Mandarins in Jello	<b>30</b> Chili Dog California Blend Veggies Chips Diced Peaches	<b>31 - Birthday</b> BBQ Brisket Mesquite Roasted Corn Steamed Carrots Watermelon Wedge Jello Poke Cake