

# Vesper Hall Menu

At this time, Vesper Hall will deliver meals to those that normally reserve meals and eat at Vesper Hall. If you are interested in receiving a meal and live within the Blue Springs boundaries, please call 228.0181. If you live outside of Blue Springs, please call 816.421.4980.

Cosponsored by the Mid-America Regional Council. All congregate meals include bread, coffee, milk, tea. \$3.50 donation if 60 & older or disabled; \$5.75 fee ages 59 & younger. Menus are subject to change.

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.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>April 2020</b>		<b>1</b> Shepherd's Pie Mashed Potatoes Steamed Peas & Carrots Pears in Gelatin	<b>2</b> Chili Dog California Blend Veggies Sun Chips Diced Peaches	<b>3</b> Baked Pork Chop Lemon Pepered Broccoli Black Eyed Peas Strawberries
<b>6</b> Beef Taco Spanish Rice Refried Beans Tropical Fruit	<b>7</b> Ham Au-Gratin Casserole Peas & Carrots Mexican Corn Pear	<b>8</b> Ham & Swiss Hoagie Smokey Black Bean/Corn Salad Cole Slaw Bananas in Jello	<b>9</b> Pork Tenderloin Waffle Fries Hidden Valley Carrots Fresh Apple	<b>10</b> Sliced Ham Sweet Potatoes Green Beans Ambrosia Salad
<b>13</b> Chili w/Beans Tossed Salad Wheat Crackers Pineapple & Pears in Jello	<b>14</b> Mushroom Swiss Burger Waffle Fries Broccoli Raisin Salad Oregon Berries	<b>15</b> Hamburger Pizza Riviera Blend Veggies Salad w/Peppers & Tomatoes Sliced Peaches	<b>16</b> Beef Tips w/Peppers & Onions Mashed Potatoes Green Beans Fresh Apple	<b>17</b> Cajun Spaghetti Steamed Squash & Zucchini Salad w/Feta, Chickpea & Onion Tropical Fruit
<b>20</b> Crispy Garlic Chicken Mashed Potatoes Green Beans Strawberries in Shortcake	<b>21</b> Sweet & Sour Pork Stir Fry Vegetables Steamed Cabbage Whole Orange	<b>22</b> BBQ Chicken Sandwich Southern Potato Salad Country Trio Vegetables Mandarin Oranges	<b>23</b> Ham & Beans Winter Mix Vegetables Cornbread Tropical Fruit	<b>24-Birthday</b> Lemon Pepper Cod Baked Potato Creamed Peas Jello Poke Cake
<b>27</b> Smothered Pork Chop Mashed Potatoes w/Gravy Brussel Sprouts Apricots	<b>28</b> Hungarian Goulash Riviera Blend Veggies Stewed Tomatoes Fresh Pear	<b>29</b> Cowboy Butter Shrimp Arugula/Corn Salad Hidden Valley Carrots Peanut Butter Cookie	<b>30</b> Shepherd's Pie Mashed Potatoes Steamed Peas & Carrots Pears in Gelatin	

## May 2020

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> Chili Dog California Blend Veggies Sun Chips Diced Peaches
<b>4</b> Baked Pork Chop Lemon Pepered Broccoli Black Eyed Peas Strawberries	<b>5</b> Beef Taco Spanish Rice Refried Beans Tropical Fruit	<b>6</b> Ham Au-Gratin Casserole Peas & Carrots Mexican Corn Pear	<b>7</b> Ham & Swiss Hoagie Smokey Black Bean/Corn Salad Cole Slaw Bananas in Jello	<b>8</b> Pork Tenderloin Waffle Fries Hidden Valley Carrots Fresh Apple
<b>11</b> Sliced Ham Sweet Potatoes Green Beans Ambrosia Salad	<b>12</b> Chili w/Beans Tossed Salad Wheat Crackers Pineapple & Pears in Jello	<b>13</b> Mushroom Swiss Burger Waffle Fries Broccoli Raisin Salad Oregon Berries	<b>14</b> Hamburger Pizza Riviera Blend Veggies Salad w/Peppers & Tomatoes Sliced Peaches	<b>15</b> Beef Tips w/Peppers & Onions Mashed Potatoes Green Beans Fresh Apple
<b>18</b> Cajun Spaghetti Steamed Squash & Zucchini Salad w/Feta, Chickpea & Onion Tropical Fruit	<b>19</b> Crispy Garlic Chicken Mashed Potatoes Green Beans Strawberries in Shortcake	<b>20</b> Sweet & Sour Pork Stir Fry Vegetables Steamed Cabbage Whole Orange	<b>21</b> BBQ Chicken Sandwich Southern Potato Salad Country Trio Vegetables Mandarin Oranges	<b>22</b> Ham & Beans Winter Mix Vegetables Cornbread Tropical Fruit
<b>25</b> CLOSED FOR MEMORIAL DAY OBSERVANCE	<b>26</b> Smokey Mesquite Tilapia Rosemary Red Potatoes Mexican Corn Mandarin Oranges	<b>27</b> Smothered Pork Chop Mashed Potatoes w/Gravy Brussel Sprouts Apricots	<b>28</b> Hungarian Goulash Riviera Blend Veggies Stewed Tomatoes Fresh Pear	<b>29-Birthday</b> Lasagna Baked Potato Creamed Peas Orange Jello Poke Cake

# June 2020

www.bluespringsgov.com/vesper

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Shepherd's Pie Mashed Potatoes Steamed Peas & Carrots Pears in Gelatin	<b>2</b> Chili Dog California Blend Veggies Sun Chips Diced Peaches	<b>3</b> Baked Pork Chop Lemon Peppered Broccoli Black Eyed Peas Strawberries	<b>4</b> Beef Taco Spanish Rice Refried Beans Tropical Fruit	<b>5</b> Ham Au-Gratin Casserole Peas & Carrots Mexican Corn Pear
<b>8</b> Ham & Swiss Hoagie Smokey Black Bean/Corn Salad Cole Slaw Bananas in Jello	<b>9</b> Pork Tenderloin Waffle Fries Hidden Valley Carrots Fresh Apple	<b>10</b> Sliced Ham Sweet Potatoes Green Beans Ambrosia Salad	<b>11</b> Chili w/Beans Tossed Salad Wheat Crackers Pineapple & Pears in Jello	<b>12</b> Mushroom Swiss Burger Waffle Fries Broccoli Raisin Salad Oregon Berries
<b>15</b> Hamburger Pizza Riviera Blend Veggies Salad w/Peppers & Tomatoes Sliced Peaches	<b>16</b> Beef Tips w/Peppers & Onions Mashed Potatoes Green Beans Fresh Apple	<b>17</b> Cajun Spaghetti Steamed Squash & Zucchini Salad w/Feta, Chickpea & Onion Tropical Fruit	<b>18</b> Crispy Garlic Chicken Mashed Potatoes Green Beans Strawberries in Shortcake	<b>19</b> Sweet & Sour Pork Stir Fry Vegetables Steamed Cabbage Whole Orange
<b>22</b> Chicken Ala King Steamed Cabbage Stewed Tomatoes Strawberries & Pineapple	<b>23</b> Ham & Beans Winter Mix Vegetables Cornbread Tropical Fruit	<b>24</b> Smokey Mesquite Tilapia Rosemary Red Potatoes Mexican Corn Mandarin Oranges	<b>25</b> Smoothered Pork Chops Mashed Potatoes Brussel Sprouts Apricots	<b>26-Birthday</b> BBQ Brisket Mesquite Roasted Corn Steamed Carrots Watermelon Wedge Jello Poke Cake
<b>29</b> Cowboy Butter Shrimp Arugula Corn Salad Hidden Valley Carrots Mandarin Oranges	<b>30</b> Shepherd's Pie Mashed Potatoes Steamed Peas & Carrots Pears in Gelatin			

## Need to Know ...

### Do your part to respond to the Covid-19 public health threat:

- **Wash your hands often with soap and water for at least 20 seconds**
- **Avoid touching your eyes, nose, or mouth with unwashed hands**
- **Avoid close contact with people who are sick**
- **Avoid close contact with others**
- **Cover your mouth and nose with a tissue when you cough or sneeze, then throw the tissue in the trash and wash your hands**
- **Clean and disinfect objects and surfaces – View the EPA list of disinfectants**

### **BIRTHDAY CELEBRATION: May 29 and June 26. Come join the**

**Vesper Hall staff as we celebrate YOUR birthday month! Lunch served 11:30 a.m. - 12:30 p.m. Preregister for lunch. Sponsored by Novel Place, Family First Protection Group.**

**AGING MASTERY: TBA. Thursdays, 6:00 p.m. - 7:30 p.m. Take steps to improve your well-being and strengthen your ties to the community. A FREE class. Enjoy a light meal before class starts.**

**NATIONAL OLDER AMERICANS WEEK: May 26-29. Share photos of you being active and have fun at the Fast Friends event on May 27, 3:30 p.m. - 5:30 p.m. Dance the evening away on May 29, 7:00 p.m. - 9:00 p.m. at the Roaring 20's Dance with classic big band music. Costumes encouraged.**

### **VESPER HALL'S 28th ANNIVERSARY: June 4, 11:30 a.m. Preregister for lunch.**

**Vesper Hall turns 28. Help celebrate in style. View historical slide show, compete in the trivia contest & enjoy a delicious hot meal. Sponsored by Site Council.**

**VESPER HALL POTLUCK/CONCERT: June 7, 5:00 p.m. Bring a dish, a lawn chair and enjoy the indoor location while eating before the evening concert. Enjoy each others company during the concert starting at 6:30 p.m.**

## 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.