

Vesper Hall Menu

Meals served 11:00 a.m. - 11:40 a.m. (and 12:00 p.m.-12:40 p.m., starting in Phase 2)

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 can be made by at least 2 weeks 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.

APRIL 2021

Monday	Tuesday	Wednesday	Thursday	Friday
			1 All Beef Hot Dog Lemon Peppered Squash Baked Potato Chips Festive Tossed Salad	2-Easter Sliced Ham Sweet Potatoes Green Beans Ambrosia Salad
5 Beef Taco Salad w/Tomatoes/Lettuce/Cheese Refried Beans Pineapple	6 Baked Chicken Parmesan Italian Squash/Zucchini Tossed Salad Diced Pears w/Topping	7 Chicken Salad Sandwich Steamed Broccoli Seasoned Potato Wedges Berries & Bananas	8 Herb Butter Tilapia Italian Stewed Tomatoes Garden Rice Pilaf Pineapple Chunks	9 Smoked Ham & Cheese Quiche Spring Mix Salad Whole Grain Roll Strawberries
12 Cajun Spaghetti Steamed Squash/Zucchini Salad w/Feta/Chickpea Tropical Fruit	13 Smothered Chicken Mashed Potatoes/Gravy Garlic Brussel Sprouts Cinnamon Apples	14 Tuna Salad w/Lettuce/Tomatoes Peas & Carrots Tag Along Fruit Salad	15 Turkey Burger Kale & Red Cabbage Salad Sweet Potato Wedges Stewed Apples	16 Pot Roast Sandwich Mashed Potatoes Steamed Broccoli Florets Mandarins in Jello
19 Hungarian Goulash Stewed Tomatoes Riviera Blend Veggies Fresh Pears	20 Chicken & Pineapple Pizza Spring Mix w/Blueberries Steamed Carrots Sliced Apples	21 Smothered Pork Chop Mashed Potatoes w/Gravy Steamed Peas Cinnamon Applesauce	22 BBQ Chicken Sandwich Southern Potato Salad Country Trio Veggies Mandarin Oranges	23 Cowboy Butter Shrimp w/Rice Arugula/Corn Salad Hidden Valley Carrots Mandarin Oranges
26 Ham & Swiss Hoagie Smokey Black Bean/Corn Salad Cole Slaw Bananas in Jello	27 Shepherd's Pie Peas & Carrots Whole Grain Bread Pears in Gelatin	28 Butter Chicken w/Rice Lemon Pepper Cabbage Chickpea Salad Fresh Peach	29 Mushroom Swiss Burger Twice Baked Potato Country Vegetables Tag Along Fruit Salad	30-Birthday Crispy Garlic Chicken Mashed Potatoes Green Beans Country Strawberry Shortcake

MAY 2021

Monday	Tuesday	Wednesday	Thursday	Friday
3 All Beef Hot Dog Lemon Peppered Squash Baked Potato Chips Festive Tossed Salad	4 Sliced Ham Sweet Potatoes Green Beans Ambrosia Salad	5-Cinco de Mayo Beef Taco Salad w/Tomatoes/Lettuce/Cheese Refried Beans Pineapple	6 Baked Chicken Parmesan Italian Squash/Zucchini Tossed Salad Diced Pears w/Topping	7 Chicken Salad Sandwich Steamed Broccoli Seasoned Potato Wedges Berries & Bananas
10 Herb Butter Tilapia Italian Stewed Tomatoes Garden Rice Pilaf Pineapple Chunks	11 Smoked Ham & Cheese Quiche Spring Mix Salad Whole Grain Roll Strawberries	12 Cajun Spaghetti Steamed Squash/Zucchini Salad w/Feta/Chickpea Tropical Fruit	13 Smothered Chicken Mashed Potatoes/Gravy Garlic Brussel Sprouts Cinnamon Apples	14 Tuna Salad w/Lettuce/Tomatoes Peas & Carrots Tag Along Fruit Salad
17 Turkey Burger Kale & Red Cabbage Salad Sweet Potato Wedges Stewed Apples	18 Pot Roast Sandwich Mashed Potatoes Steamed Broccoli Florets Mandarins in Jello	19 Hungarian Goulash Stewed Tomatoes Riviera Blend Veggies Fresh Pears	20 Chicken & Pineapple Pizza Spring Mix w/Blueberries Steamed Carrots Sliced Apples	21 Smothered Pork Chop Mashed Potatoes w/Gravy Steamed Peas Cinnamon Applesauce
24 BBQ Chicken Sandwich Southern Potato Salad Country Trio Veggies Mandarin Oranges	25 Cowboy Butter Shrimp w/Rice Arugula/Corn Salad Hidden Valley Carrots Mandarin Oranges	26 Ham & Swiss Hoagie Smokey Black Bean/Corn Salad Cole Slaw Bananas in Jello	27 Shepherd's Pie Peas & Carrots Whole Grain Bread Pears in Gelatin	28-Birthday Lemon Pepper Cod Baked Potato Creamed Peas Orange Jell-o Poke Cake
31 CLOSED FOR MEMORIAL DAY OBSERVANCE				

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	1 All Beef Hot Dog Lemon Peppered Squash Baked Potato Chips Festive Tossed Salad	2 Sliced Ham Sweet Potatoes Green Beans Ambrosia Salad	3 Beef Taco Salad w/Tomatoes/Lettuce/Cheese Refried Beans Pineapple	4 Baked Chicken Parmesan Italian Squash/Zucchini Tossed Salad Diced Pears w/Topping
7 Chicken Salad Sandwich Steamed Broccoli Seasoned Potato Wedges Berries & Bananas	8 Herb Butter Tilapia Italian Stewed Tomatoes Garden Rice Pilaf Pineapple Chunks	9 Smoked Ham & Cheese Quiche Spring Mix Salad Whole Grain Roll Strawberries	10 Cajun Spaghetti Steamed Squash/Zucchini Salad w/Feta/Chickpea Tropical Fruit	11 Smothered Chicken Mashed Potatoes/Gravy Garlic Brussel Sprouts Cinnamon Apples
14 Tuna Salad w/Lettuce/Tomatoes Peas & Carrots Tag Along Fruit Salad	15 Turkey Burger Kale & Red Cabbage Salad Sweet Potato Wedges Stewed Apples	16 Pot Roast Sandwich Mashed Potatoes Steamed Broccoli Florets Mandarins in Jello	17 Hungarian Goulash Stewed Tomatoes Riviera Blend Veggies Fresh Pears	18 Chicken & Pineapple Pizza Spring Mix w/Blueberries Steamed Carrots Sliced Apple
21 Smothered Pork Chop Mashed Potatoes w/Gravy Steamed Peas Cinnamon Applesauce	22 BBQ Chicken Sandwich Southern Potato Salad Country Trio Veggies Mandarin Oranges	23 Cowboy Butter Shrimp w/Rice Arugula/Corn Salad Hidden Valley Carrots Mandarin Oranges	24 Ham & Swiss Hoagie Smokey Black Bean/Corn Salad Cole Slaw Bananas in Jello	25-Birthday Pulled Pork Sandwich Baked Beans Spinach & Red Onion Salad Berries Medley Jello Poke Cake
28 Butter Chicken w/Rice Lemon Pepper Cabbage Chickpea Salad Fresh Peach	29 Mushroom Swiss Burger Twice Baked Potato Country Vegetables Tag Along Fruit Salad	30 All Beef Hot Dog Lemon Peppered Squash Baked Potato Chips Festive Tossed Salad		

Need to Know ...

BIRTHDAY CELEBRATION: April 30, May 28 and June 25 . 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.

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.