Vesper Hall Menu

Co-sponsored by the Mid-America Regional Council. All congregate meals include bread, coffee, milk, and tea. Menus are subject to change.

Meals Served 11:30 AM - 12:30 PM
Vesper Hall, 400 NW Vesper Street, Blue Springs, MO
$3.50 Donation - 60+ Years (816)-228-0181
$6.50 Fee -59 Years & Under

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Crab Chowder Topped Baked Fish Sauteed Brussel Sprouts Fresh Orange Dinner Roll	2 Ham & Beans Street Corn w/ Bacon Pickled Beets Diced Peaches Cornbread
5 Tuscan Chicken Pasta Italian Veggies Butter Beans Fruit Delight Breadstick Peanut Butter Cookie	6 Blackened Shrimp Alfredo Spiced Black Eye Peas Steamed Cabbage Fresh Grapes Garlic Toast	7 Street Corn Grilled Chops Cuban Black Beans & Rice Caesar Salad w/ Croutons Fruit Cocktail Garlic Toast M&M Cookie	8 Tuna & Noodle Casserole Steamed Peas Country Veggies Tropical Fruit	9 Pork Schnitzel w/ Mushroom Sauce Sauteed Red Cabbage German Potato Salad Soft Pretzel Black Forest Cherry Crisp
12 Sausage, Fennel, & Mushroom Pasta Spanish Green Beans Greek Sauteed Squash Fresh Orange Garlic Toast	13 Sausage & Peppers Sauteed Red Cabbage German Potato Salad Strawberries Black Forest Sheet Cake	14 Frito Chili Pie Zesty Ranch Potatoes Tomato & Cucumber Salad Bananas in Gelatin Sour Cream & Taco Sauce	15 Hot Turkey Sandwich w/ Gravy Mashed Potatoes & Gravy Glazed Carrots Crushed Pineapple in Jello Bunny Graham Crackers	16 Caribbean Jerk Tilapia Broccoli Salad Creamed Peas Fruit Cocktail Dinner Roll Chocolate Chunk Cookie
19 Chicken & Noodles Pickled Beets Bacon Green Beans Cinnamon Applesauce Dinner Roll	20 Cowboy Butter Shrimp Arugula/Corn Salad Pineapple Chunks Green Chili Rice Peanut Butter Cookie	21 Stuffed Green Pepper Coleslaw Black-Eyed Peas Bananas & Strawberries	22 Cheese Omelet w/ Roasted Peppers Breakfast Sausage Links Hash Rounds Red Grapes Strawberry Yogurt	23 Chicken Tetrazzini Tossed Salad w/ Red Peppers Buttered Carrots Garlic Toast Blackberry Cobbler
26 Liver & Onions Chuckwagon Corn Mashed Potatoes & Gravy Red & Green Grapes Biscuit Custard w/ Topping	27 Chicken Enchilada Casserole Smokey Black Beans & Corn Tossed Salad w/ Colby Jack Banana & Mandarins Tortilla Chips	28 Catfish Nuggets Creamy Coleslaw Chuckwagon Corn Diced Peaches in Gelatin Potato Wedges	29 Pot Roast Sandwich Mashed Potatoes Spanish Green Beans Mandarins in Jello Garlic Toast Salted Caramel Cookie	30 Roasted Pork w/ Gravy Twice Baked Mashed Potato Green Bean Casserole Ambrosia Salad Dinner Roll

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Ham & Beans Street Corn w/ Bacon Pickled Beets Diced Peaches Cornbread	3 Tuscan Chicken Pasta Italian Veggies Butter Beans Fruit Delight Breadstick Peanut Butter Cookie	4 Blackened Shrimp Alfredo Spiced Black Eye Peas Steamed Cabbage Fresh Grapes Garlic Toast	5 Street Corn Grilled Chops Cuban Black Beans & Rice Caesar Salad w/ Croutons Fruit Cocktail Garlic Toast M&M Cookie	6 Tuna & Noodle Casserole Steamed Peas Country Veggies Tropical Fruit
9 Polish Sausage w/ Sauerkraut Au-Gratin Potatoes Garlic Pepper Hominy Honey Cherry Crisp	10 Sausage, Fennel, & Mushroom Pasta Spanish Green Beans Greek Sauteed Squash Fresh Orange Garlic Toast	11 Vesper Closed for Veteran's Day	12 Sausage & Peppers Sauteed Red Cabbage German Potato Salad Strawberries Black Forest Sheet Cake	13 Frito Chili Pie Zesty Ranch Potatoes Tomato & Cucumber Salad Bananas in Gelatin Sour Cream & Taco Sauce
16 Hot Turkey Sandwich w/ Gravy Mashed Potatoes & Gravy Glazed Carrots Crushed Pineapple in Jello Bunny Graham Crackers	17 Caribbean Jerk Tilapia Broccoli Salad Creamed Peas Fruit Cocktail Dinner Roll Chocolate Chunk Cookie	18 Chicken & Noodles Pickled Beets Bacon Green Beans Cinnamon Applesauce Dinner Roll	19 Cowboy Butter Shrimp Arugula/Corn Salad Pineapple Chunks Green Chili Rice Peanut Butter Cookie	20 Roast Turkey Mashed Potatoes & Gravy Green Beans Stuffing Cranberry Relish Pumpkin Pie
23 Cheese Omelet w/ Roasted Peppers Breakfast Sausage Links Hash Rounds Red Grapes Strawberry Yogurt	24 Chicken Tetrazzini Tossed Salad w/ Red Peppers Buttered Carrots Garlic Toast Blackberry Cobbler	25 Liver & Onions Chuckwagon Corn Mashed Potatoes & Gravy Red & Green Grapes Biscuit Custard w/ Topping	26 Vesper Closed for Thanksgiving	27 Vesper Closed for Black Friday
30 Chicken Enchilada Casserole Smokey Black Beans & Corn Tossed Salad w/ Colby Jack Banana & Mandarins Tortilla Chips				

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December 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Pot Roast Sandwich Mashed Potatoes Spanish Green Beans Mandarins in Jello Garlic Toast Salted Caramel Cookie	2 Catfish Nuggets Creamy Coleslaw Chuckwagon Corn Diced Peaches in Gelatin Potato Wedges	3 Crab Chowder Topped Baked Fish Sauteed Brussel Sprouts Fresh Orange Dinner Roll	4 Ham & Beans Street Corn w/ Bacon Pickled Beets Diced Peaches Cornbread
7 Tuscan Chicken Pasta Italian Veggies Butter Beans Fruit Delight Breadstick Peanut Butter Cookie	8 Blackened Shrimp Alfredo Spiced Black Eye Peas Steamed Cabbage Fresh Grapes Garlic Toast	9 Street Corn Grilled Chops Cuban Black Beans & Rice Caesar Salad w/ Croutons Fruit Cocktail Garlic Toast M&M Cookie	10 Tuna & Noodle Casserole Steamed Peas Country Veggies Tropical Fruit	11 Polish Sausage w/ Sauerkraut Au-Gratin Potatoes Garlic Pepper Hominy Honey Cherry Crisp
14 Sausage, Fennel, & Mushroom Pasta Spanish Green Beans Greek Sauteed Squash Fresh Orange Garlic Toast	15 Sausage & Peppers Sauteed Red Cabbage German Potato Salad Strawberries Black Forest Sheet Cake	16 Frito Chili Pie Zesty Ranch Potatoes Tomato & Cucumber Salad Bananas in Gelatin Sour Cream & Taco Sauce	17 Hot Turkey Sandwich w/ Gravy Mashed Potatoes & Gravy Glazed Carrots Crushed Pineapple in Jello Bunny Graham Crackers	18 Black Forest Ham Festive Mashed Yams Broccoli & Bacon Salad Cranberry Relish Dinner Roll Cherry Oatmeal Crisp
21 Chicken & Noodles Pickled Beets Bacon Green Beans Cinnamon Applesauce Dinner Roll	22 Cowboy Butter Shrimp Arugula/Corn Salad Pineapple Chunks Green Chili Rice Peanut Butter Cookie	23 Stuffed Green Pepper Coleslaw Black-Eyed Peas Bananas & Strawberries	24 Closed for Christmas Eve	25 Closed for Christmas
28 Cheese Omelet w/ Roasted Peppers Breakfast Sausage Links Hash Rounds Red Grapes Strawberry Yogurt	29 Chicken Tetrazzini Tossed Salad w/ Red Peppers Buttered Carrots Garlic Toast Blackberry Cobbler	30 Liver & Onions Chuckwagon Corn Mashed Potatoes & Gravy Red & Green Grapes Biscuit Custard w/ Topping	31 Chicken Enchilada Casserole Smokey Black Beans & Corn Tossed Salad w/ Colby Jack Banana & Mandarins Tortilla Chips	

Please call 816-228-0181 or visit the Vesper Hall Front Counter to make your reservations. Reservations MUST BE made by 2:00 PM at least one working day in advance of the day you plan to eat. All reservations after 2:00 PM will be placed on a waiting list. At 12:00 PM we start handing out meal tickets to those who are on the waitlist, if you are a No Show.

If you continue to have 2 or more Cancels or No Shows in one week, you will be asked to go on a waitlist for the next two weeks.

Please call when necessary if you are needing to cancel.

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.