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

July 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Tuna Salad Lettuce & Tomatoes Country Veggies Baked Potato Fruit Salad	2 Chili Dog Green Beans Street Corn Cobblet Watermelon Wedge Sun Chips	3 Vesper Hall Closed
6 Beef Taco Salad Refried Beans Hatch Roasted Potatoes Pineapple Salsa & Sour Cream	7 Roasted Red Pepper & Gouda Chicken Bacon, Ranch, and Broccoli Salad Ambrosia Salad Garden Rice Pilaf	8 Black & Bleu Burger Sweet Potato Wedges Cucumber Dill Salad Pineapples in Jello	9 Salisbury Steak w/ Gravy Mashed Potatoes Sauteed Brussel Sprouts Ambrosia Salad Bread	10 Frito Chili Pie Zesty Ranch Potatoes Tomato/Cucumber Salad Bananas in Jello Sour Cream & Taco Sauce
13 BBQ Chicken Sandwich Southern Potato Salad Country Trio Veggies Mandarin Oranges & Bananas	14 Caribbean Jerk Tilapia Broccoli Raisin Salad Creamed Peas Fruit Cocktail Dinner Roll Chocolate Chunk Cookie	15 Bacon Cheeseburger Pizza Corn Fritter Nuggets House Salad Fresh Apple Cinnamon Grahams	16 Ham Au-gratin Casserole Chuckwagon Corn Hidden Valley Carrots Mesquite Cornbread Pear Bread Pudding	17 Sloppy Joe Garlic Pepper Potatoes Greek Spiced Broccoli Mandarin Oranges Oatmeal Raisin Cookie
20 Cajun Spaghetti Sauteed Lemon Squash Salad w/ Feta & Red Onion Garlic Toast Blueberry Cobbler	21 Meatloaf Baked Potato Green Beans Strawberries & Bananas Dinner Roll	22 Tuna Patty Green Spiced Cabbage Garlic Roasted Potatoes Cinnamon Apples Russian Rye Bread	23 Swedish Meatballs Pickled Beets Brussel Sprouts Diced Peaches Egg noodles Dinner Roll	24 Chicken Salad w/ Bun Bacon, Ranch, & Brocolli Salad Seasoned Potato Wedges Berries & Bananas Snicker Doodle Cookie
27 Old Bay Crab Salad Spring Mix Corn Relish Fresh Apple Mesquite Cornbread Key Lime Cake	28 Hawaiian Chicken Glazed Carrots Buttered Peas Diced Peaches Cilantro Lime Rice Peach Cobbler	29 McVesper Rib Sandwich Seasoned Fries Cole Slaw Grapes Peanut Butter Cookie	30 Crispy Chicken Livers Rosemary Bacon Mashed Potatoes Macaroni Salad Bananas in Jello Biscuit	31 Tuna Salad Lettuce & Tomatoes Country Veggies Baked Potato Fruit Salad

August 2026

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chili Dog Green Beans Street Corn Cobblet Watermelon Wedge Sun Chips	4 Beef Taco Salad Refried Beans Hatch Roasted Potatoes Pineapple Salsa & Sour Cream	5 Roasted Red Pepper & Gouda Chicken Bacon, Ranch, and Broccoli Salad Ambrosia Salad Garden Rice Pilaf	6 Black & Bleu Burger Sweet Potato Wedges Cucumber Dill Salad Pineapples in Jello	7 Salisbury Steak w/ Gravy Mashed Potatoes Sauteed Brussel Sprouts Ambrosia Salad Bread
10 Frito Chili Pie Zesty Ranch Potatoes Tomato/Cucumber Salad Bananas in Jello Sour Cream & Taco Sauce	11 BBQ Chicken Sandwich Southern Potato Salad Country Trio Veggies Mandarin Oranges & Bananas	12 Caribbean Jerk Tilapia Broccoli Raisin Salad Creamed Peas Fruit Cocktail Dinner Roll Chocolate Chunk Cookie	13 Bacon Cheeseburger Pizza Corn Fritter Nuggets House Salad Fresh Apple Cinnamon Grahams	14 Ham Au-gratin Casserole Chuckwagon Corn Hidden Valley Carrots Mesquite Cornbread Pear Bread Pudding
17 Sloppy Joe Garlic Pepper Potatoes Greek Spiced Broccoli Mandarin Oranges Oatmeal Raisin Cookie	18 Cajun Spaghetti Sauteed Lemon Squash Salad w/ Feta & Red Onion Garlic Toast Blueberry Cobbler	19 Meatloaf Baked Potato Green Beans Strawberries & Bananas Dinner Roll	20 Tuna Patty Green Spiced Cabbage Garlic Roasted Potatoes Cinnamon Apples Russian Rye Bread	21 Swedish Meatballs Pickled Beets Brussel Sprouts Diced Peaches Egg noodles Dinner Roll
24 Chicken Salad w/ Bun Bacon, Ranch, & Brocolli Salad Seasoned Potato Wedges Berries & Bananas Snicker Doodle Cookie	25 Old Bay Crab Salad Spring Mix Corn Relish Fresh Apple Mesquite Cornbread Key Lime Cake	26 Hawaiian Chicken Glazed Carrots Buttered Peas Diced Peaches Cilantro Lime Rice Peach Cobbler	27 McVesper Rib Sandwich Seasoned Fries Cole Slaw Grapes Peanut Butter Cookie	28 Crispy Garlic Chicken Mashed Potatoes Green Beens Dinner Roll Strawberry Shortcake
31 Tuna Salad Lettuce & Tomatoes Country Veggies Baked Potato Fruit Salad				

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September 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chili Dog Green Beans Street Corn Cobblet Watermelon Wedge Sun Chips	2 Beef Taco Salad Refried Beans Hatch Roasted Potatoes Pineapple Salsa & Sour Cream	3 Roasted Red Pepper & Gouda Chicken Bacon, Ranch, and Broccoli Salad Ambrosia Salad Garden Rice Pilaf	4 Black & Bleu Burger Sweet Potato Wedges Cucumber Dill Salad Pineapples in Jello
7 Vesper Hall Closed	8 Salisbury Steak w/ Gravy Mashed Potatoes Sauteed Brussel Sprouts Ambrosia Salad Bread	9 Frito Chili Pie Zesty Ranch Potatoes Tomato/Cucumber Salad Bananas in Jello Sour Cream & Taco Sauce	10 BBQ Chicken Sandwich Southern Potato Salad Country Trio Veggies Mandarin Oranges & Bananas	11 Caribbean Jerk Tilapia Broccoli Raisin Salad Creamed Peas Fruit Cocktail Dinner Roll Chocolate Chunk Cookie
14 Bacon Cheeseburger Pizza Corn Fritter Nuggets House Salad Fresh Apple Cinnamon Grahams	15 Ham Au-gratin Casserole Chuckwagon Corn Hidden Valley Carrots Mesquite Cornbread Pear Bread Pudding	16 Sloppy Joe Garlic Pepper Potatoes Greek Spiced Broccoli Mandarin Oranges Oatmeal Raisin Cookie	17 Cajun Spaghetti Sauteed Lemon Squash Salad w/ Feta & Red Onion Garlic Toast Blueberry Cobbler	18 Meatloaf Baked Potato Green Beans Strawberries & Bananas Dinner Roll
21 Tuna Patty Green Spiced Cabbage Garlic Roasted Potatoes Cinnamon Apples Russian Rye Bread	22 Swedish Meatballs Pickled Beets Brussel Sprouts Diced Peaches Egg noodles Dinner Roll	23 Chicken Salad w/ Bun Bacon, Ranch, & Brocolli Salad Seasoned Potato Wedges Berries & Bananas Snicker Doodle Cookie	24 Old Bay Crab Salad Spring Mix Corn Relish Fresh Apple Mesquite Cornbread Key Lime Cake	25 Carnitas Soft Tacos Street Corn w/ Bacon Black Beans & Ro-tel Watermelon Wedge Salsa & Sour Cream Snickerdoodle
28 McVesper Rib Sandwich Seasoned Fries Cole Slaw Grapes Peanut Butter Cookie	29 Crispy Chicken Livers Rosemary Bacon Mashed Potatoes Macaroni Salad Bananas in Jello Biscuit	30 Tuna Salad Lettuce & Tomatoes Country Veggies Baked Potato Fruit Salad		

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.