

# BLUE SKIES EAST DINING SERVICES

## August BON APPETIT



Wednesday, July 30, 2019 – Tuesday, September 3, 2019

BST East Dining Reservations – 210-568-5045

*bstefoodreservations@blueskiestx.org*

Dining Services East General Manager – Ryan Dahl

Hospitality Manager – Yolanda King, Executive Chef - Joshua Mikulenska

Dining Services Advisory Council (DRAC) Meets Monthly, **First Wednesday, 10am**, CC Rooms

Doris Megoigal – Chair, Ann Albert - Vice Chair, Bob Lamb – Secretary, Members: Anne Bowbeer, Marilyn Hansen, Terry Hoffman, Shirley Smith, Barbara Whorton

### ~ Important Changes in Regular Dining Services ~

**Monday, Sep 2, Labor Day** – Cochran's will be closed. Lunch will be served in the Legacy Room. Sandwiches will be available at Front Desk for Dinner.

### SAVE THE DATE

**Tuesday, Aug 13** – August Birthday, Anniversary & Newcomer's 5pm



### ~ Sky Lounge ~

Dining Services require making a reservation before **2pm** by calling 210-568-5045.

Thursday, Friday and Saturday Dining Seating Times Are: **4pm, 4:20pm, 4:40pm - 5pm, 5:20pm, 5:40pm - 6pm, 6:20pm, and 6:40pm**

Sunday Brunch Dining

Seating Times Are: **11am, 11:30am, 12pm, 12:30pm, 1pm**

### ~ Cochran's Friday & Saturday Blue Plate Specials ~

#### August 2 & 3

Chopped BBQ Sandwich, Potato Salad, Vinegar Slaw

#### August 9 & 10

Grilled Ruben, Fries, Side salad

#### August 16 & 17

Chicken Enchiladas, Spanish rice, Beans

#### August 23 & 24

Build your own Omelets, Hash-brown Casserole, Fresh Fruit

#### August 30 & 31

Chili Dog, French Fries, Green Beans

### DAILY MENU WEDNESDAY, JUL 31

#### Entrees:

Spaghetti w/ Meatballs (434) (Na 437.4)  
Grilled Ham w/ Pineapple (214.6) (Na 1006.6)  
Lemon Thyme Roasted Chicken (238.6) (Na 221.7)

#### Sides:

Scalloped Potatoes  
Italian Flat Beans  
Grilled Asparagus  
Cream of Celery (219.5) (Na 515.3)

#### Breakfast Specials:

Ham, Egg, & Cheese Croissant (519.1) (Na 866.9)  
Blueberry Cream Cheese Muffins (133.4) (Na176.8)

#### Salad Special:

Trio Salad Plate, Egg, Chicken, Tuna

#### Grilled Special:

Muffaletta

#### Soup of the Week:

Six Bean Soup (125.5) (Na 102.7)

### DAILY MENU THURSDAY, AUG 1

#### Entrees:

Tuna Noodle Casserole (396.5) (Na 792.7)  
Sweet-n-Sour Pork (407.2) (Na 423.2)  
Teriyaki Chicken Thighs (167.1) (Na 682.8)

#### Sides:

Baked Sweet Potatoes  
Brown Rice  
Braised Greens  
Beet Salad  
Chicken Tortilla Soup (121.2) (Na 365.4)

#### Breakfast Specials:

Ham, Egg, & Cheese Croissant (519.1) (Na 866.9)  
Blueberry Cream Cheese Muffins (133.4) (Na176.8)

#### Salad Special:

Trio Salad Plate, Egg, Chicken, Tuna

#### Grilled Special:

Muffaletta

#### Soup of the Week:

Six Bean Soup (125.5) (Na 102.7)

#### Thirsty Thursday Buffet \$13.85

Brisket  
Smoked Sausage  
Cornbread Bites

Mashed Sweet Potatoes  
Steamed Green Beans  
Sautéed Cauliflower

### DAILY MENU FRIDAY, AUG 2

#### Entrees;

Chicken Marsala (217.2) (Na 144.5)  
Salmon Burger (220.1) (Na 253.2)  
Argentinian Pork Shoulder (263.5) (Na 99.7)

#### Sides;

Buttered Bowtie Pasta  
Dijon Roasted Potatoes  
Parmesan Tomatoes  
Sautéed Green Beans w/ Garlic  
Turkey Noodle Soup (108) (Na 593)

#### Breakfast Specials:

Ham, Egg, & Cheese Croissant (519.1) (Na 866.9)  
Blueberry Cream Cheese Muffins (133.4) (Na176.8)

#### Salad Special:

Trio Salad Plate, Egg, Chicken, Tuna

#### Grilled Special:

Muffaletta

#### Soup of the Week:

Six Bean Soup (125.5) (Na 102.7)

#### Weekend Specials:

**Appetizer:** Fried Oysters \$12

**Entrée:** Grilled 6oz Sirloin \$15

Chive and Garlic Mashed Potatoes, Succotash

**\$9.65:** Shredded BBQ chicken on a bun

### DAILY MENU SATURDAY, AUG 3

#### Entrees:

Braised Beef Pot Roast (206.5) (Na 54.5)  
Cheese Ravioli w/ Marinara (405.3) (Na 275.8)  
Seared Salmon (201.9) (Na 264.5)

#### Sides:

Basmati Rice  
Peas & Pearl Onion  
Braised Bok Choy

#### Soup:

Baked Potato Soup (132.5) (Na 114.2)

#### Breakfast Specials:

Ham, Egg, & Cheese Croissant (519.1) (Na 866.9)  
Blueberry Cream Cheese Muffins (133.4) (Na176.8)

#### Salad Special:

Trio Salad Plate, Egg, Chicken, Tuna

#### Grilled Special:

Muffaletta

#### Soup of the Week:

Six Bean Soup (125.5) (Na 102.7)

#### Weekend Specials:

**Appetizer:** Fried Oysters \$12

**Entrée:** Grilled 6oz Sirloin \$15

Chive and Garlic Mashed Potatoes, Succotash

**\$9.65:** Shredded BBQ chicken on a bun

### DAILY MENU SUNDAY, AUG 4

#### Brunch in Sky Lounge

Beef & Vegetable Soup (57.2) (Na 169.4)  
Lentil & Spinach Soup (112.4) (Na 124.5)  
Fried Chicken (423.4) (Na 419.1)  
Salisbury Steak w/ Onion Gravy (359) (Na 336.3)  
Basmati Rice, Mashed Potatoes  
Fresh Steamed Carrots  
Braised Greens  
Salads & Desserts Bar  
Omelet & Waffle Station

#### Dinner

*On-the-Go in Cochran's*

### DAILY MENU MONDAY, AUG 5

#### Entrees:

Herb Roasted Pork Loin (190.5) (Na 227.2)  
Chicken and Mushrooms (257.2) (Na 514.9)  
Filipino Adobo Chicken (395.6) (Na 398.2)

#### Sides:

Garden Rice Pilaf  
Bowtie Pasta  
Steamed Broccoli  
Fresh Green Beans w/ Tomatoes  
Cream of Spinach Soup (188.7) (Na 243.3)

#### Breakfast Specials:

Breakfast Club Sandwich (773.4) (Na 2301.1)  
Cheese Blintz (99.5) (Na 165.6)

#### Salad Special:

Waldorf Chicken Salad over Greens

#### Grilled Special:

Monte Cristo Sandwich

#### Soup of the Week:

Lentil & Spinach Soup (112.4) (Na 124.5)

### DAILY MENU TUESDAY, AUG 6

#### Entrees:

Roasted Turkey Breast (92.7) (Na 195.1)  
Ham & Cheese quiche (222.6) (Na 466.7)  
Maple & Mustard Pork (241.8) (Na 272.4)

#### Sides:

Baked Potatoes  
Barley w/ Mushrooms  
Creamed spinach  
Steamed Green Peas  
Black Bean Soup (108.3) (Na 192.5)

#### Breakfast Specials:

Breakfast Club Sandwich (773.4) (Na 2301.1)  
Cheese Blintz (99.5) (Na 165.6)

#### Salad Special:

Waldorf Chicken Salad over Greens

#### Grilled Special:

Monte Cristo Sandwich

#### Soup of the Week:

Lentil & Spinach Soup (112.4) (Na 124.5)

### DAILY MENU WEDNESDAY, AUG 7

#### Entrees:

Eggplant Napoleon (230.2) (Na 335)  
Cheese tortellini Primavera (279.1) (Na 796.6)  
Turkey Burger (493.3) (Na 1155.8)

#### Sides:

Potato Casserole  
Bistro Chips  
Steamed Green Beans  
Roasted Yellow Squash  
Cream of Broccoli (184.2) (Na192)

#### Breakfast Specials:

Breakfast Club Sandwich (773.4) (Na 2301.1)  
Cheese Blintz (99.5) (Na 165.6)

#### Salad Special:

Waldorf Chicken Salad over Greens

#### Grilled Special:

Monte Cristo Sandwich

#### Soup of the Week:

Lentil & Spinach Soup (112.4) (Na 124.5)

### DAILY MENU THURSDAY, AUG 8

#### Entrees:

Asian Chicken w/ Orange (220.2) (Na 213.4)  
Baked Pork Chop (130.7) (Na 185.3)  
Beef and Mushroom Sloppy Joe (527.6) (Na 1140.2)

#### Sides:

Brown Rice  
Asian Quinoa Slaw  
Snap Peas with Red Peppers  
Garlic Escarole  
Black Bean Soup (108.3) (Na 192.5)

#### Breakfast Specials:

Breakfast Club Sandwich (773.4) (Na 2301.1)  
Cheese Blintz (99.5) (Na 165.6)

#### Salad Special:

Waldorf Chicken Salad over Greens

#### Grilled Special:

Monte Cristo Sandwich

#### Soup of the Week:

Lentil & Spinach Soup (112.4) (Na 124.5)

#### Thirsty Thursday Buffet \$13.85

Pork Carnitas  
Chicken Enchiladas  
Spanish Rice

Refried Beans  
Steamed Spinach  
Green Chili Corn

### DAILY MENU FRIDAY, AUG 9

#### Entrees;

BBQ Chicken Quarter (277.8) (Na 126.5)  
Beer Battered Fish (429.6) (Na 841.6)  
Shepherds Pie (294.4) (Na 649)

#### Sides;

Lyonnais Potatoes  
Baked Sweet Potatoes  
Broccoli Slaw  
Italian green beans  
Manhattan Clam Chowder (251.9) (Na 469.2)

#### Breakfast Specials:

Breakfast Club Sandwich (773.4) (Na 2301.1)  
Cheese Blintz (99.5) (Na 165.6)

#### Salad Special:

Waldorf Chicken Salad over Greens

#### Grilled Special:

Monte Cristo Sandwich

#### Soup of the Week:

Lentil & Spinach Soup (112.4) (Na 124.5)

#### Weekend Specials:

**Appetizer: Pork Carnitas Sopes \$10**  
**Entrée: Grilled NY Strip a la Mexicana \$16**  
Spanish Rice, Refried Beans  
**\$10.00: Green Salsa Chilaquiles**

## DAILY MENU SATURDAY, AUG 10

### Entrees:

Pesto Grilled Chicken (248.5) (Na 140.5)  
Chicken and Sausage Jambalaya (293.9) (Na 684)  
Seared Scallops (326.3) (Na 888.5)

### Sides:

Steamed Red Potatoes  
Carrot & Raisin Salad  
Okra & Tomatoes  
Grilled Vegetables  
Fire Roasted Corn Soup (110.9) (Na 139)

### Breakfast Specials:

Breakfast Club Sandwich (773.4) (Na 2301.1)  
Cheese Blintz (99.5) (Na 165.6)

### Salad Special:

Waldorf Chicken Salad over Greens

### Grilled Special:

Monte Cristo Sandwich

### Soup of the Week:

Lentil & Spinach Soup (112.4) (Na 124.5)

### Weekend Specials:

**Appetizer: Pork Carnitas Sopes \$10**  
**Entrée:** Grilled NY Strip a la Mexicana \$16  
Spanish Rice, Refried Beans  
**\$10.00:** Green Salsa Chilaquiles

## DAILY MENU SUNDAY, AUG 11

### Brunch in Sky Lounge

Chicken Orzo Soup (103.7) (Na 467.3)  
Cream of Chicken Soup (97.3) (Na 103.9)  
Chilaquiles (214.7) (Na 546.6)  
Beef Enchiladas (868.9) (Na 1529.2)  
Mexican Rice  
Re fried Beans  
Braised Cabbage, Mexican Corn  
Salads & Desserts Bar  
Omelet & Waffle Station

### Dinner

### *On-the-Go in Cochran's*

## DAILY MENU MONDAY, AUG 12

### Entrees:

Cod New Brunswick (325.2) (Na 836)  
Garlic Hebb Baked Chicken (254.6) (Na 79.9)  
Baked Ziti w/ Ground Turkey (348.8) (Na 353.6)

### Sides:

Wild Rice  
Garlic Roasted Broccoli & Cauliflower  
Creamed Spinach  
Pepper Pot Soup (110.5) (Na495.3)

### Breakfast Specials:

Ham, Egg & Cheese Burrito (460.6) (Na 1769.6)  
Red Eye Biscuit (697.8) (Na 1888.6)

### Salad Special:

Tuna Nicoise Salad

### Grilled Special:

Shrimp Louie Wrap

### Soup of the Week:

Cream of Chicken Soup (97.3) (Na 103.9)

## DAILY MENU TUESDAY, AUG 13

### Entrees:

Chicken Pot Pie (374.9) (Na 395.7)  
Apple Pork Chop (265.1) (Na 247.1)  
Turkey and Ham Hoagie (238.5) (Na 1371.3)

### Sides:

Creamy Polenta  
Dijon Potatoes  
Carrot, Squash, and Broccoli Blend  
Creamed Corn w/ Red Peppers  
Navy Bean Soup (171.3) (Na 147.6)

### Breakfast Specials:

Ham, Egg & Cheese Burrito (460.6) (Na 1769.6)  
Red Eye Biscuit (697.8) (Na 1888.6)

### Salad Special:

Tuna Nicoise Salad

### Grilled Special:

Shrimp Louie Wrap

### Soup of the Week:

Cream of Chicken Soup (97.3) (Na 103.9)

**Dinner will be On-The-Go, BA&NC**

### DAILY MENU WEDNESDAY, AUG 14

#### Entrees:

Turkey Tetrazzini (399.5) (Na 672.4)  
Grilled Salmon Burger (220.1) (Na 253.2)  
Lasagna w/ Meat Sauce (241.5) (Na 235.3)

#### Sides:

Tater Tots  
Roasted Mushrooms  
Steamed Carrots  
Lentil and spinach Soup (112.4) (Na 124.5)

#### Breakfast Specials:

Ham, Egg & Cheese Burrito (460.6) (Na 1769.6)  
Red Eye Biscuit (697.8) (Na 1888.6)

#### Salad Special:

Tuna Nicoise Salad

#### Grilled Special:

Shrimp Louie Wrap

#### Soup of the Week:

Cream of Chicken Soup (97.3) (Na 103.9)

### DAILY MENU THURSDAY, AUG 15

#### Entrees:

Braised Asian Beef (607.5) (Na 696.5)  
Jamaican Jerk Chicken (270.9) (Na 367.7)  
Ground Beef Stroganoff (298.8) (Na 781.7)

#### Sides:

Jasmine Rice  
Buttered Egg Noodles  
Peas & Carrots  
Roasted Tomato Wedges  
Beef Vegetable Soup (74.4) (Na 198.7)

#### Thirsty Thursday Buffet \$13.85

Sicilian Meatballs  
Lemon & Thyme Chicken Quarter  
Wilted Spinach

#### Breakfast Specials:

Ham, Egg & Cheese Burrito (460.6) (Na 1769.6)  
Red Eye Biscuit (697.8) (Na 1888.6)

#### Salad Special:

Tuna Nicoise Salad

#### Grilled Special:

Shrimp Louie Wrap

#### Soup of the Week:

Cream of Chicken Soup (97.3) (Na 103.9)

Egg Noodles w/ Olive oil  
Balsamic Mushrooms  
Garlic Mashed Potatoes

### DAILY MENU FRIDAY, AUG 16

#### Entrees:

Three Cheese Melt Sandwich (474.3) (Na 747)  
BBQ Roasted Salmon (246.3) (Na 431.9)  
Balsamic Chicken Breast (150.2) (Na 110.4)

#### Sides:

Macaroni Salad  
Baked Beans  
Almond Green Beans  
Avocado Slaw  
Tomato Bisque Soup (123.1) (Na 612.9)

#### Breakfast Specials:

Ham, Egg & Cheese Burrito (460.6) (Na 1769.6)  
Red Eye Biscuit (697.8) (Na 1888.6)

#### Salad Special:

Tuna Nicoise Salad

#### Grilled Special:

Shrimp Louie Wrap

#### Soup of the Week:

Cream of Chicken Soup (97.3) (Na 103.9)

#### Weekend Specials:

**Appetizer: Shrimp & Chorizo Bruschetta \$10**

**Entrée: NY Strip Florentine \$16**

Green Beans w/ Tomato, Goat Cheese Polenta  
**\$10.00: Chicken Penne w/ Red Pepper Cream**

## DAILY MENU SATURDAY, AUG 17

### Entrees:

Pulled Turkey (127.7) (Na 85.1)  
Beef Tostada (328.4) (Na 522.3)  
Tilapia Tacos (363.5) (Na 869)

### Sides:

Spanish Rice  
Garlic Mashed Potatoes  
Spaghetti Squash  
Steamed Chayote Squash  
Minestrone Soup (67.2) (Na 95)

### Breakfast Specials:

Ham, Egg & Cheese Burrito (460.6) (Na 1769.6)  
Red Eye Biscuit (697.8) (Na 1888.6)

### Salad Special:

Tuna Nicoise Salad

### Grilled Special:

Shrimp Louie Wrap

### Soup of the Week:

Cream of Chicken Soup (97.3) (Na 103.9)

### Weekend Specials:

**Appetizer: Shrimp & Chorizo Bruschetta \$10**

**Entrée: NY Strip Florentine \$16**

Green Beans w/ Tomato, Goat Cheese Polenta  
**\$10.00: Chicken Penne w/ Red Pepper Cream**

## DAILY MENU SUNDAY, AUG 18

### Brunch in Sky Lounge

Beef Barley Vegetable Soup (86.7) (Na 170.6)  
Cream of Mushroom (104.6) (Na 64.1)  
Honey Apple Pork Loin (145.8) (Na 290.6)  
Curry Chicken Masala (159.8) (Na 412.9)  
Oven Browned Potatoes  
Brown Rice  
Sautéed Green Beans, Steamed Cauliflower  
Salads & Desserts Bar  
Omelet & Waffle Station

### Dinner

***On-the-Go in Cochran's***

## DAILY MENU MONDAY, AUG 19

### Entrees:

Lemon Pepper Chicken (209.9) (Na 68.7)  
Crispy Baked Fish (190.9) (Na 284.5)  
Summer Shrimp Salad (352.3) (Na 610.1)

### Sides:

Garden Wild Rice Pilaf  
Baked Sweet Potato  
Summer Succotash  
Braised Greens  
Chicken Noodle Soup (61.3) (Na 528.5)

### Breakfast Specials:

Banana Chocolate Chip Pancake (640.8) (Na 745.2)  
BLT Breakfast Croissant (537.5) (Na 649.2)

### Salad Special:

Taco Salad

### Grilled Special:

Philly Cheese Steak Sandwich

### Soup of the Week:

Cream of Mushroom (104.6) (Na 64.1)

## DAILY MENU TUESDAY, AUG 20

### Entrees:

Garlic Herb Meatloaf (238.5) (Na 275.6)  
BBQ Chicken Salad (348.1) (Na 463.9)  
Cali Chicken Tacos (190.2) (Na 265.7)

### Sides:

Mashed Potatoes  
Black Beans  
Steamed Carrots  
Steamed Green Peas  
Turkey Rice Soup (56.2) (Na 206.1)

### Breakfast Specials:

Banana Chocolate Chip Pancake (640.8) (Na 745.2)  
BLT Breakfast Croissant (537.5) (Na 649.2)

### Salad Special:

Taco Salad

### Grilled Special:

Philly Cheese Steak Sandwich

### Soup of the Week:

Cream of Mushroom (104.6) (Na 64.1)  
**Dinner will be On-The-GO, BA&NC**

## DAILY MENU WEDNESDAY, AUG 21

### Entrees;

Chicken Piccata (251.4) (Na 298.3)  
Grilled Bratwurst (624.9) (Na 1521)  
Baked Ziti (283.4) (Na 344)

### Sides;

Couscous  
German Potato Salad  
Grilled Asparagus  
Braised Red Cabbage  
Minestrone Soup (87.4) (Na108.4)

### Breakfast Specials:

Banana Chocolate Chip Pancake (640.8) (Na 745.2)  
BLT Breakfast Croissant (537.5) (Na 649.2)

### Salad Special:

Taco Salad

### Grilled Special:

Philly Cheese Steak Sandwich

### Soup of the Week:

Cream of Mushroom (104.6) (Na 64.1)

## DAILY MENU THURSDAY, AUG 22

### Entrees:

Turkey Burger (379.9) (Na 569.8)  
Braised Pork (187.6) (Na 91.8)  
Shrimp Pasta (242.7) (Na 163.9)

### Sides:

Tater Tots  
Steamed Rice  
Sautéed Spinach  
Parmesan Tomatoes  
Black Bean Soup (108.3) (Na 192.5)

### Thirsty Thursday Buffet \$13.85

Oregano Pork Loin  
Vegetable Lasagna  
Buttered Pasta

### Breakfast Specials:

Banana Chocolate Chip Pancake (640.8) (Na 745.2)  
BLT Breakfast Croissant (537.5) (Na 649.2)

### Salad Special:

Taco Salad

### Grilled Special:

Philly Cheese Steak Sandwich

### Soup of the Week:

Cream of Mushroom (104.6) (Na 64.1)

Roasted squash w/ Tomatoes  
Whipped Sweet Potatoes w/ Rosemary  
Garlic Green Beans



### DAILY MENU FRIDAY, AUG 23

#### Entrees:

Baked Fish (107.9) (Na 515.4)  
Chicken Cacciator (129) (Na 337.5)  
Grilled Carved Skirt Steak (279.7) (Na 178.4)

#### Sides:

Brown Rice  
Penne Pasta  
Grilled Zucchini  
Broccoli, Fresh Steamed  
Chicken Barley Soup (109.3) (Na 543.6)

#### Breakfast Specials:

Banana Chocolate Chip Pancake (640.8) (Na 745.2)  
BLT Breakfast Croissant (537.5) (Na 649.2)

#### Salad Special:

Taco Salad

#### Grilled Special:

Philly Cheese Steak Sandwich

#### Soup of the Week:

Cream of Mushroom (104.6) (Na 64.1)

#### Weekend Specials:

**Appetizer: Mozzarella & Blistered Tomatoes \$10**

**Entrée: Osso Bucco \$25**

Roasted Asparagus, Herbed Polenta

**\$10.00: Chicken Rigatoni Alfredo w/ Spinach**

### DAILY MENU SATURDAY, AUG 24

#### Entrees:

Vegetable Lasagna (278.7) (Na 492)  
Roast Turkey with Gravy (66.6) (Na 262.3)  
Pork Ribs (489.1) (Na 176.6)

#### Sides:

Whipped Sweet Potatoes  
Potato Salad  
Snap Peas with Red Pepper  
Peas and Mushrooms  
Italian Wedding Soup (80.2) (Na 560.1)

#### Breakfast Specials:

Banana Chocolate Chip Pancake (640.8) (Na 745.2)  
BLT Breakfast Croissant (537.5) (Na 649.2)

#### Salad Special:

Taco Salad

#### Grilled Special:

Philly Cheese Steak Sandwich

#### Soup of the Week:

Cream of Mushroom (104.6) (Na 64.1)

#### Weekend Specials:

**Appetizer: Mozzarella & Blistered Tomatoes \$10**

**Entrée: Osso Bucco \$25**

Roasted Asparagus, Herbed Polenta

**\$10.00: Chicken Rigatoni Alfredo w/ Spinach**

### DAILY MENU SUNDAY, AUG 25

#### Brunch in Sky Lounge

Cream of Turkey Soup (160.4) (Na 834.5)  
Vegetable Soup (62.3) (Na 116.5)  
Braised Pot Roast of Beef (206.5) (Na 54.5)  
Trout with Mango Salsa (248.2) (Na 437.3)  
Roasted Carrots, Celery and Potatoes  
Barley Pilaf  
Broccoli Salad, Creamed Spinach  
Salads & Desserts Bar  
Omelet & Waffle Station

#### Dinner

*On-the-Go in Cochran's*

## DAILY MENU MONDAY, AUG 26

### Entrees:

Pork Dijonnaise (101.6) (Na 254.2)  
Oven Fried Chicken Thigh (193.8) (Na 260.1)  
Veal Marsala (297.5) (Na 204.4)

### Sides:

Mashed Potatoes  
Risotto W/ Herbs  
Corn on the Cob  
Grilled Summer Vegetables  
Pepper Cabbage Soup (85.3) (Na 127.5)

### Breakfast Specials:

Huevos Rancheros (139.7) (Na 115)  
Strawberry Stuffed French Toast (501.7) (Na 978.7)

### Salad Special:

Strawberry Grilled Chicken Salad

### Grilled Special:

Cranberry, Turkey & Brie Panini

### Soup of the Week:

Vegetable Soup (62.3) (Na 116.5)

## DAILY MENU TUESDAY, AUG 27

### Entrees:

Asian Orange Beef (253.2) (Na 192.9)  
Teriyaki Chicken Thighs (283.7) (Na 676.1)  
Seafood Stuffed Chicken (288.3) (Na 510)

### Sides:

Jasmine Rice  
Spaghetti w/ Marinara  
Broccoli w/ Garlic  
Snow Peas  
Egg Drop Soup (26.5) (Na 89.8)

### Breakfast Specials:

Huevos Rancheros (139.7) (Na 115)  
Strawberry Stuffed French Toast (501.7) (Na 978.7)

### Salad Special:

Strawberry Grilled Chicken Salad

### Grilled Special:

Cranberry, Turkey & Brie Panini

### Soup of the Week:

Vegetable Soup (62.3) (Na 116.5)

## DAILY MENU WEDNESDAY, AUG 28

### Entrees:

Glazed Ham (194.7) (Na 830.1)  
Liver & Onions (409.1) (Na 1044.6)  
Apple Almond Chicken Salad (257.5) (Na 227.4)

### Sides:

Baked Apples & Sweet Potatoes  
Dirty Rice  
Roasted Brussels Sprouts  
Vegetable Medley  
Cream of Broccoli Soup (184.2) (Na 192)

### Breakfast Specials:

Huevos Rancheros (139.7) (Na 115)  
Strawberry Stuffed French Toast (501.7) (Na 978.7)

### Salad Special:

Strawberry Grilled Chicken Salad

### Grilled Special:

Cranberry, Turkey & Brie Panini

### Soup of the Week:

Vegetable Soup (62.3) (Na 116.5)

## DAILY MENU THURSDAY, AUG 29

### Entrees:

Grilled Salmon (145.5) (Na 137.8)  
Southwest Turkey Salad (155.2) (Na 414.1)  
Lasagna (277.6) (Na 694.3)

### Sides:

Lemon Orzo  
Sautéed Green Beans  
Chimichurri Cauliflower  
Ham & Vegetable Soup (74.5) (Na 495)

### Breakfast Specials:

Huevos Rancheros (139.7) (Na 115)  
Strawberry Stuffed French Toast (501.7) (Na 978.7)

### Salad Special:

Strawberry Grilled Chicken Salad

### Grilled Special:

Cranberry, Turkey & Brie Panini

### Soup of the Week:

Vegetable Soup (62.3) (Na 116.5)

### Thirsty Thursday Buffet \$13.85

Classic Meatloaf  
Roasted Chicken  
Steamed Broccoli

Creamed Spinach  
Sautéed Squash Medley  
Root Vegetable Puree

## DAILY MENU FRIDAY, AUG 30

### Entrees:

Maple-Mustard Pork (264.4) (Na 294.9)  
Haitian Beef Stew (293.2) (Na 206)  
Turnip Osso Bucco (374) (Na 338.9)

### Sides:

Black Beans w/ Rice  
Gouda Mac & Cheese  
Roasted Tomatoes  
Roasted Zucchini  
New England Clam Chowder (134.6) (Na 169.7)

### Breakfast Specials:

Huevos Rancheros (139.7) (Na 115)  
Strawberry Stuffed French Toast (501.7) (Na 978.7)

### Salad Special:

Strawberry Grilled Chicken Salad

### Grilled Special:

Cranberry, Turkey & Brie Panini

### Soup of the Week:

Vegetable Soup (62.3) (Na 116.5)

### Weekend Specials:

**Appetizer:** Shrimp Cocktail \$10

**Entrée;** Ribeye Steak \$18

Dijon Mashed Potatoes, Roasted Root Vegetables

**\$10.00: Chicken & Dumplings**

## DAILY MENU SATURDAY, AUG 31

### Entrees:

BBQ Chicken Quarter (278.7) (Na 127)  
Herb Roasted Pork Loin (190.5) (Na 227.2)  
Roasted Vegetable Wrap (497.8) (Na 1013.2)

### Sides:

Ranch Beans  
Braised Collard Greens  
Buttermilk Potato Salad  
Chopped Country Coleslaw  
Chicken Noodle Soup (61.3) (Na 528.5)

### Breakfast Specials:

Huevos Rancheros (139.7) (Na 115)  
Strawberry Stuffed French Toast (501.7) (Na 978.7)

### Salad Special:

Strawberry Grilled Chicken Salad

### Grilled Special:

Cranberry, Turkey & Brie Panini

### Soup of the Week:

Vegetable Soup (62.3) (Na 116.5)

### Weekend Specials:

**Appetizer:** Shrimp Cocktail \$10

**Entrée;** Ribeye Steak \$18

Dijon Mashed Potatoes, Roasted Root Vegetables

**\$10.00: Chicken & Dumplings**

## DAILY MENU SUNDAY, SEP 1

### Brunch in Sky Lounge

Greek Chicken Soup(96.2) (Na 190.35)  
Six Bean Soup (125.5) (Na 102.7)  
Apricot Glazed Ham (148.7) (Na 976.2)  
Turkey w/ Gravy (103.5) (Na 406.1)  
Bread Dressing, Mashed Potatoes  
Fresh Green Beans  
Roasted Cauliflower  
Salads & Desserts Bar  
Omelet & Waffle Station

### Dinner

*On-the-Go in Cochran's*

## DAILY MENU MONDAY, SEP 2

**Entrees;**  
**BBQ Lunch**  
Grilled Sausage  
BBQ Chicken  
Potato Salad  
Cole Slaw  
Pasta Salad  
Three Bean Salad

**Breakfast Specials:**  
Ham, Egg, & Cheese Croissant (519.1) (Na 866.9)  
Blueberry Cream Cheese Muffins (133.4) (Na 176.8)

**Sandwiches For Sale at Front Desk 4-7 pm**

## DAILY MENU TUESDAY, SEP 3

**Entrees:**  
Roast Pork w/ Gravy (137.7) (Na 187.5)  
Balsamic Chicken (150.2) (Na 110.4)  
Sausage w/ Peppers & Onions (396.8) (Na 1023.5)

**Sides:**  
Mashed Potatoes  
Garlic Orzo  
Zucchini & Yellow Squash  
Sautéed Chard  
Mushroom & Barley Soup (105.2) (Na 154.4)

**Breakfast Specials:**  
Ham, Egg, & Cheese Croissant (519.1) (Na 866.9)  
Blueberry Cream Cheese Muffins (133.4) (Na 176.8)

**Salad Special:**  
Trio Salad Plate, Egg, Chicken, Tuna

**Grilled Special:**  
Muffaletta

**Soup of the Week:**  
Six Bean Soup (125.5) (Na 102.7)

