

BLUE SKIES EAST DINING SERVICES

September BON APPETIT



Friday, Aug 30, 2019 – Monday, September 30, 2019
BST East Dining Reservations – 210-568-5045

bstefoodreservations@blueskiestx.org

Dining Services East General Manager – Ryan Dahl

Hospitality Manager – Yolanda King, Executive Chef – Aaron Yzaguirre

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

Doris Megonigal – Chair, Ann Albert - Vice Chair, Bob Lamb – Secretary,

Members: Anne Bowbeer, Bev Johnson, Terry Hoffman, Shirley Smith, Barbara Whorton-Farley,
Joe Wychunas

~ 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

Sunday, Sept 8 – Beth's Filipino Brunch 11am-1pm

Tuesday, Sept 10 – August Birthday, Anniversary & Newcomer's 5pm

Tuesday, Sept 24 – East Wine Dinner 5:30pm



~ 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 ~

Sept 6 & 7

Chopped BBQ Sandwich, Potato Salad, Vinegar Slaw

Sept 13 & 14

Grilled Reuben, Fries, Side Salad

Sept 20 & 21

Chicken Enchiladas, Spanish Rice and Beans

Sept 27 & 28

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

1 – BST East Bon Appetit

Next Publication Date: Aug 30

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
Carved Brisket
Potato Salad
Cole Slaw
Pasta Salad
Ranch Beans
Southern Green Beans

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)

DAILY MENU WEDNESDAY, SEP 4

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, SEP 5

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

Roasted Lemon and Olive Chicken
Italian Beef and Veg Stew
Rosemary Potatoes

Wilted Spinach
Rice Pilaf
Oven Baked Sweet Potatoes

DAILY MENU FRIDAY, SEP 6

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: Spinach Dip w/ Grilled Flatbread \$12

Entrée: Pork Porterhouse \$18

Charred Cauliflower, Tri-Color Peppers

\$10.00: Penne alla Vodka w/ Chicken

DAILY MENU SATURDAY, SEP 7

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: Spinach Dip w/ Grilled Flatbread \$12

Entrée: Pork Porterhouse \$18

Charred Cauliflower, Tri-Color Peppers

\$10.00: Penne alla Vodka w/ Chicken

DAILY MENU SUNDAY, SEP 8

Brunch in Sky Lounge

Beth's Filipino Brunch

Assorted Creations for our dear Beth
Filipino Favorites

Salads & Desserts Bar
Omelet & Waffle Station

Dinner

On-the-Go in Cochran's

DAILY MENU MONDAY, SEP 9

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, SEP 10

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)

Dinner will be On-The-GO, BA&NC

DAILY MENU WEDNESDAY, SEP 11

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, SEP 12

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

Sicilian Meatballs
Lemmon & Thyme Chicken Quarters
Buttered Egg Noodles w/ Garlic

Balsamic Mushrooms
Italian Green Beans
Gold Potatoes w/ Parmesan

DAILY MENU FRIDAY, SEP 13

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: Shrimp & Chorizo Pan con Tomate' \$14

Entrée: Ropa Vieja, Spanish Pot Roast \$16

Spanish Green Beans, Roasted Brussels Sprouts

\$10.00: Arroz con Pollo alla Puerto Rico

DAILY MENU SATURDAY, SEP 14

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: Shrimp & Chorizo Pan con Tomate' \$14

Entrée: Ropa Vieja, Spanish Pot Roast \$16

Spanish Green Beans, Roasted Brussels Sprouts

\$10.00: Arroz con Pollo alla Puerto Rico

DAILY MENU SUNDAY, SEP 15

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, SEP 16

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, SEP 17

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)

DAILY MENU WEDNESDAY, SEP 18

Entrees:

Turkey Tetrizzini (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, SEP 19

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

Oregano Pork Loin
Rosemary Turkey
Steamed Cauliflower

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)

Squash Medley
Oven Baked Potatoes
Whipped Sweet Potatoes

DAILY MENU FRIDAY, SEP 20

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 & Crab Salad \$13

Entrée: Osso Bucco \$25

Risotto Milanese, Roasted Brussels Sprouts

\$10.00: Chicken Penne Alfredo w/ Broccoli

DAILY MENU SATURDAY, SEP 21

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 & Crab Salad \$13

Entrée: Osso Bucco \$25

Risotto Milanese, Roasted Brussels Sprouts

\$10.00: Chicken Penne Alfredo w/ Broccoli

DAILY MENU SUNDAY, SEP 22

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, SEP 23

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, SEP 24

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)

DAILY MENU WEDNESDAY, SEP 25

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, SEP 26

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

Leg of Lamb
Pork Loin Dijonnaise
Steamed Broccoli

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)

French Green Beans
Cauliflower
Oven pasted Sweet Potato

DAILY MENU FRIDAY, SEP 27

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: Shrimp Cocktail \$10

Entrée: Rib-eye Steak \$25

Horseradish Whipped Potatoes, Charred Romanesco

\$10.00: King Ranch Casserole

DAILY MENU SATURDAY, SEP 28

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: Shrimp Cocktail \$10

Entrée: Rib-eye Steak \$25

Horseradish Whipped Potatoes, Charred Romanesco

\$10.00: King Ranch Casserole

DAILY MENU SUNDAY, SEP 29

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, SEP 30

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)

