

**BLUE SKIES EAST DINING SERVICES
MARCH BON APPETIT**



Sunday, March 01, 2020 – Saturday, March 29, 2020

BST East Dining Reservations – 210-568-5045

bstefoodreservations@blueskiestx.org

Dining Services East General Manager – JMack

Hospitality Manager – Yolanda King, Executive Chef – Brad Sanford

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

Doris Megonigal – Chair, Ann Albert - Vice Chair, Leslie McMillion – Secretary,

Members: Bev Johnson, Terry Hoffman, Bob Lamb, Joan Lee, Shirley Smith, Barbara Whorton,
Joe Wychunas

~ Important Changes in Regular Dining Services ~

Tuesday, Mar 17, No Regular Dinner Menu in Cochran's due to Buffet being served

SAVE THE DATE

Wednesday, Mar 4 – DRAC, CC Rooms, 10AM

Tuesday Mar 10 - B&A&NC Dinner, Sky Lounge

Wednesday Mar 11 - Chef Brad's Teaching Kitchen Series "Find Your Flavor," 2:30pm in the Sky Lounge. Only 12 spots available, so please call Yolanda at 210-568-5041, to sign up.

Tuesday, Mar 17 - St. Patrick's Day, Chef Buffet in Cochran's, 4pm

Menu: Corned Beef, Cabbage, Boiled Potato, Irish Potato Obrien, Green Rice, Spinach and Guinness Chocolate Cake

~ Sky Lounge Reservations ~

Thursday through Sunday, Dining Services require making a reservation **before 2pm by calling 210-568-5045. Please note, showing up for dinner or buffet without a reservation can result in not being able to be sat or a later seating time.**

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

**Sunday Brunch - Seating Times Are: 11am, 11:30am, 12pm, 12:30pm, and 1pm
Cochran's Sunday Breakfast Buffet: 7:30am to 9am**

~ Cochran's Friday & Saturday Blue Plate Specials ~

March 06 & 07

Lamb Kefta with Fennel Carrot Salad, Spaghetti Squash with Mushrooms & Tomato, Toasted Farro

March 13 & 14

Shepherd's Pie and Roasted Beets

March 20 & 21

17-Blend Pork Tenderloin, Roasted Acorn Squash, Aztec Grain Medley

March 27 & 28

Chicken Cordon Bleu, Steamed Carrots and Bamboo Rice

DAILY MENU SUNDAY, MARCH 1

Brunch In Sky Lounge

Beer Cheese Soup (175.2) (Na 185)
Carrot Ginger Bisque (70.2) (Na 58.2)
BBQ Ribs
Hamburger & Hot Dog Bar
Potato Salad
Baked Beans
Green Beans

Dinner

On-The-Go In Cochran's

DAILY MENU MONDAY, MARCH 02

Entrees:

Lunch: Sloppy Joe (234.8) (Na 434.9)
All Day: Tortellini w/ Alfredo Sauce (477.8) (Na 539.1)
Dinner: Tunisian Chicken Kabobs (337.8) (Na 692.8)

Sides:

Baked Potatoes
Wild Rice Medley
Fresh Braised Greens
Fresh Cauliflower
Cream of Celery Soup (115.7) (Na 272)

Breakfast Specials:

Chocolate Chip Pancakes (503.4) (Na 1083.4)
Mexican Chorizo Frittata (382) (Na 979.4)

Salad Special:

BBQ Chicken Salad (362.9) (Na 1070.9)

Grilled Special:

Bay Shrimp Louie Wrap (564.5) (Na 831.4)

Soup Of The Week:

Carrot Ginger Bisque (70.2) (Na 58.2)

Daily Menu Tuesday, MARCH 03

Entrees:

Lunch: Pork Stew With Beans (206.7) (Na 154.5)
All Day: Crusted Baked Fish (137.6) (664.2)
Dinner: Chicken Green Chili (270.8) (Na 321.5)

Sides:

Holiday Dirty Rice
Sautéed Zucchini
Fresh Green Beans
Pasta Fagioli Soup (139.2) (Na 124)

Breakfast Specials:

Chocolate Chip Pancakes (503.4) (Na 1083.4)
Mexican Chorizo Frittata (382) (Na 979.4)

Salad Special:

BBQ Chicken Salad (362.9) (Na 1070.9)

Grilled Special:

Bay Shrimp Louie Wrap (564.5) (Na 831.4)

Soup Of The Week:

Carrot Ginger Bisque (70.2) (Na 58.2)

Daily Menu Wednesday, MARCH 04

Entrees:

Lunch: Honey Glazed Ham (151.5) (Na 617.2)

All Day: BBQ Chicken Quarters (263.2) (Na 442.1)

Dinner: Chicken Pot Pie (349.8) (Na 401.1)

Sides:

Country Style Green Beans

Baked Sweet Potato

Smashed Potato with Leeks

Collard Greens

Black Bean Soup (125.1) (Na 223.8)

Breakfast Specials:

Chocolate Chip Pancakes (503.4) (Na 1083.4)

Mexican Chorizo Frittata (382) (Na 979.4)

Salad Special:

BBQ Chicken Salad (362.9) (Na 1070.9)

Grilled Special:

Bay Shrimp Louie Wrap (564.5) (Na 831.4)

Soup Of The Week:

Carrot Ginger Bisque (70.2) (Na 58.2)

Daily Menu Thursday, MARCH 05

Entrees:

Honey Mustard Chicken Breast (158.7) (Na 140.3)

Smoked Sausage with Sauerkraut (274) (Na 1093.3)

Sides:

Rosemary Roasted Potatoes

Hash Browns

Ratatouille

Fried Green Tomatoes

Potato Leek Soup (78.7) (Na 115.5)

Breakfast Specials:

Chocolate Chip Pancakes (503.4) (Na 1083.4)

Mexican Chorizo Frittata (382) (Na 979.4)

Salad Special:

BBQ Chicken Salad (362.9) (Na 1070.9)

Grilled Special:

Bay Shrimp Louie Wrap (564.5) (Na 831.4)

Soup Of The Week:

Carrot Ginger Bisque (70.2) (Na 58.2)

THIRSTY THURSDAY ITALIAN BUFFET \$15.00

Manicotti Alfredo with Shrimp

Build Your Own Pasta Bar

Asparagus

Sautéed Zucchini and Squash

DAILY MENU FRIDAY, MARCH 06

Entrees:

Braised Beef Tips (207.7) (Na 111.9)

South Western Frittata (370.4) (Na 696)

Sides:

Farro Risotto

Potato Wedges

Green Peas

Spaghetti Squash with Mushrooms and Tomato

Manhattan-Style Clam Chowder (94.7) (Na 134.7)

Breakfast Specials:

Chocolate Chip Pancakes (503.4) (Na 1083.4)

Mexican Chorizo Frittata (382) (Na 979.4)

Salad Special:

BBQ Chicken Salad (362.9) (Na 1070.9)

Grilled Special:

Bay Shrimp Louie Wrap (564.5) (Na 831.4)

Soup Of The Week:

Carrot Ginger Bisque (70.2) (Na 58.2)

DAILY MENU SATURDAY, MARCH 07

Entrees:

Tomato Braised Chicken Thigh (260.4) (N 487.7)
Bratwurst (319.3) (Na 786.7)

Sides:

Brown & Wild Rice Pilaf
Loaded BBQ Smashed Potatoes
Harvard Beets
Braised Collard Greens
Baked Potato Soup (78.7) (Na 115.5)

Breakfast Specials:

Chocolate Chip Pancakes (503.4) (Na 1083.4)
Mexican Chorizo Frittata (382) (Na 979.4)

Salad Special:

BBQ Chicken Salad (362.9) (Na 1070.9)

Grilled Special:

Bay Shrimp Louie Wrap (564.5) (Na 831.4)

Soup Of The Week:

Carrot Ginger Bisque (70.2) (Na 58.2)

DAILY MENU SUNDAY, MARCH 08

Brunch In Sky Lounge

Winter Vegetable Soup (62) (Na 116.5)
Roast Beef and Gravy
Pasta with Red Clam Sauce
Sour Cream Chive Mashed Potatoes
Charred Brussel Sprouts
Roasted Rutabagas
Salads & Dessert Bar
Omelet & Waffle Station
White Bean Soup (116.4) (Na 463.3)

Dinner

On-The-Go In Cochran's

DAILY MENU MONDAY, MARCH 09

Entrees:

Lunch: Vegetarian Lasagna (243.3) (Na 552)
All Day: Chicken Enchiladas (451.7) (Na 1020.2)
Dinner: Southwest Beef Soft Taco (355.7) (Na 609.5)

Sides:

Rice and Beans
Parsley Red Potatoes
Steamed Broccoli
Cilantro Lime Corn
Chicken Tortilla Soup (121.2) (Na 365.4)

Breakfast Specials:

Strawberry French Toast (501.7) (Na 978.7)
Migas (136.8) (Na 111.5)

Salad Special:

Roasted Beet with Strawberries (252.9) (Na 422)

Grilled Special:

Hot Diggity Dog! Frito Pie Dog (484.3) (Na 1030.6)

Soup Of The Week:

White Bean (116.4) (Na 463.3)

DAILY MENU TUESDAY, MARCH 10

Entrees:

Lunch: Fried Shrimp (184.3) (Na 294.4)
All Day: Liver and Onions (409.1) (Na 1044.6)
Dinner: Penne w Mushrooms Tomato Pesto (402.1) (Na 442.6)

Sides:

Brown Rice
Braised Red Cabbage
Baby Lima Beans
French Fries
Beef Orzo Soup (97.8) (Na 601.7)

Breakfast Specials:

Strawberry French Toast (501.7) (Na 978.7)
Migas (136.8) (Na 111.5)

Salad Special:

Roasted Beet with Strawberries (252.9) (Na 422)

Grilled Special:

Hot Diggity Dog! Frito Pie Dog (484.3) (Na 1030.6)

Soup Of The Week:

White Bean (116.4) (Na 463.3)

DAILY MENU WEDNESDAY, MARCH 11

Entrees;

Lunch: Chicken Breast Tampico (683.8) (Na 1000.3)

All Day: Pork Loin w Mango Chutney (159.3) (Na 80.2)

Dinner: Swedish Meatballs (360.5) (Na 725.5)

Sides;

Rosemary Roasted Potatoes

Spanish Rice

Seasoned Spinach

Grilled Eggplant or Roasted Beets

Baked Potato Soup (132.3) (Na 114.2)

Breakfast Specials:

Strawberry French Toast (501.7) (Na 978.7)

Migas (136.8) (Na 111.5)

Salad Special:

Roasted Beet with Strawberries (252.9) (Na 422)

Grilled Special:

Hot Diggity Dog! Frito Pie Dog (484.3) (Na 1030.6)

Soup Of The Week:

White Bean (116.4) (Na 463.3)

DAILY MENU THURSDAY, MARCH 12

Entrees:

BBQ Pork Spareribs (622.8) (Na 782)

Chicken Parmigiana (403.5) (Na 477.6)

Sides:

Mashed Potatoes

Jasmine Rice

Baked Butternut Squash

Green Beans

Wisconsin Cheese Soup (108.1) (Na 464.2)

Breakfast Specials:

Strawberry French Toast (501.7) (Na 978.7)

Migas (136.8) (Na 111.5)

Salad Special:

Roasted Beet with Strawberries (252.9) (Na 422)

Grilled Special:

Hot Diggity Dog! Frito Pie Dog (484.3) (Na 1030.6)

Soup Of The Week:

White Bean (116.4) (Na 463.3)

THIRSTY THURSDAY ASIAN BUFFET \$15.00

Honey Walnut Shrimp

General Tso's Chicken

Fried Rice

Pad Sew Ew

Baby Bok Choy

Stir Fry Vegetables/ Egg Rolls

DAILY MENU FRIDAY, MARCH 13

Entrees:

Lunch: Broiled Salmon (147.5) (Na 81.1)

Kielbasa, Sauerkraut and Potatoes (378.6) (Na 1093.8)

Sides:

Fresh Braised Greens

Southwest Couscous

New England Clam Chowder (144.2) (Na 171.1)

Breakfast Specials:

Strawberry French Toast (501.7) (Na 978.7)

Migas (136.8) (Na 111.5)

Salad Special:

Roasted Beet with Strawberries (252.9) (Na 422)

Grilled Special:

Hot Diggity Dog! Frito Pie Dog (484.3) (Na 1030.6)

Soup Of The Week:

White Bean (116.4) (Na 463.3)

DAILY MENU SATURDAY, MARCH 14

Entrees:

Honey Glazed Ham (170.6) (NA 695)
Chicken and Dumplings (161.7) (Na 245.6)

Sides:

Mashed Sweet Potatoes
Roasted Zucchini
Pepper Cabbage Soup (58.8) (Na 88)

Breakfast Specials:

Strawberry French Toast (501.7) (Na 978.7)
Migas (136.8) (Na 111.5)

Salad Special:

Roasted Beet with Strawberries (252.9) (Na 422)

Grilled Special:

Hot Diggity Dog! Frito Pie Dog (484.3) (Na 1030.6)

Soup Of The Week:

White Bean (116.4) (Na 463.3)

DAILY MENU SUNDAY, MARCH 15

Brunch In Sky Lounge

Navy Bean Soup (171.2) (Na 148.7)
Roast Turkey
Tilapia Vera Cruz
Mashed Potatoes
Wild Rice
Shopped Spinach
Roasted Turnips
Salads & Dessert Bar
Traditional Cornbread Dressing
Omelet & Waffle Station

Dinner

On-The-Go In Cochran's

DAILY MENU MONDAY, MARCH 16

Entrees:

Lunch: Three Cheese Meltdown (473.8) (Na 707)
All Day: Meatloaf and Gravy (134.3) (Na 193.8)
Dinner: Artichoke Mushroom Chicken (241.4) (Na 299.1)

Sides:

Buttered Orzo
Creamy Mashed Potatoes
Steamed Carrots
Stewed Tomatoes
Apple and Fennel Soup (46.9) (Na 109.6)

Breakfast Specials:

Smoked Salmon Bagel (585.5) (Na 1142.9)
Breakfast Monte Cristo (403.9) (Na 832.4)

Salad Special:

Tuna Stuffed Avocado (189.5) (Na 364.1)

Grilled Special:

Chili Lime Chicken Quesadillas (601.3) (Na 950.4)

Soup Of The Week:

Tuscan Tomato Bisque (35.1) (Na 165.1)

DAILY MENU TUESDAY, MARCH 17

Entrees:

Lunch: Autumn Stuffed Cabbage (255.7) (Na 113.5)
All Day: Chicken Florentine (161.6) (Na 135.3)
Dinner: Baked Fish with Cherry Tomatoes (35.1) (Na 598.1)

Sides:

Barley
Broccoli Florets
Green Beans
Wild Rice Pilaf
Beef Vegetable Soup (74) (Na 198.7)

Breakfast Specials:

Smoked Salmon Bagel (585.5) (Na 1142.9)
Breakfast Monte Cristo (403.9) (Na 832.4)

Salad Special:

Tuna Stuffed Avocado (189.5) (Na 364.1)

Grilled Special:

Chili Lime Chicken Quesadillas (601.3) (Na 950.4)

Soup Of The Week:

Tuscan Tomato Bisque (35.1) (Na 165.1)

DAILY MENU WEDNESDAY, MARCH 18

Entrees:

Lunch: Crusted Baked Fish (137.6) (664.2)

All Day: Pork Loin with Gravy (133.4) (Na 414.7)

Dinner: Salisbury Steak w Onion Gravy (359.5) (Na 333.2)

Sides:

Brown Rice

Mashed Potatoes

Roasted Vegetables

Green Peas

Five Bean Soup (116.4) (Na 463.3)

Breakfast Specials:

Smoked Salmon Bagel (585.5) (Na 1142.9)

Breakfast Monte Cristo (403.9) (Na 832.4)

Salad Special:

Tuna Stuffed Avocado (189.5) (Na 364.1)

Grilled Special:

Chili Lime Chicken Quesadillas (601.3) (Na 950.4)

Soup Of The Week:

Tuscan Tomato Bisque (35.1) (Na 165.1)

DAILY MENU THURSDAY, MARCH 19

Entrees:

Coq Au Vin (Chicken Braised in Wine) (358.3) (Na 1030.8)

Beef Lasagna (288) (Na 702.2)

Sides:

Creamy Polenta

Rosemary Roasted Potatoes

Seasoned Spinach

Roasted Asparagus

Roasted Onion Mushroom Soup (101.4) (Na 98.8)

Breakfast Specials:

Smoked Salmon Bagel (585.5) (Na 1142.9)

Breakfast Monte Cristo (403.9) (Na 832.4)

Salad Special:

Tuna Stuffed Avocado (189.5) (Na 364.1)

Grilled Special:

Lime Chicken Quesadillas (601.3) (Na 950.4)

Tuscan Tomato Bisque (35.1) (Na 165.1)

THIRSTY THURSDAY MEXICAN BUFFET \$15.00

Cheese Enchilada's

Tamales

Martha's Beans

Mexican Rice

Mexican Street Corn

Flan/ Tres' Leches

DAILY MENU FRIDAY, MARCH 20

Entrees:

Beef Stroganoff (280.3) (Na 476.2)

Fish Florentine (189.4) (Na 700.7)

Sides:

Sour Cream Garlic Mashed

Lemon Rice Pilaf

Corn with Pimento

Roasted Acorn Squash

New England Clam Chowder Soup (140.2) (Na 514.2)

Breakfast Specials:

Smoked Salmon Bagel (585.5) (Na 1142.9)

Breakfast Monte Cristo (403.9) (Na 832.4)

Salad Special:

Tuna Stuffed Avocado (189.5) (Na 364.1)

Grilled Special:

Chili Lime Chicken Quesadillas (601.3) (Na 950.4)

Soup Of The Week:

Tuscan Tomato Bisque (35.1) (Na 165.1)

DAILY MENU SATURDAY, MARCH 21

Entrees:

BBQ Chicken Thigh (178.6) (Na 224.9)
Smoked Sausage with Sauerkraut (274) (Na 1093.3)

Sides:

Ranch Beans
Mashed Potato
Glazed Beets
Fresh Green Beans
Sauerkraut
Mushroom Barley Soup (51.7) (Na 127.1)

Breakfast Specials:

Smoked Salmon Bagel (585.5) (Na 1142.9)
Breakfast Monte Cristo (403.9) (Na 832.4)

Salad Special:

Tuna Stuffed Avocado (189.5) (Na 364.1)

Grilled Special:

Chili Lime Chicken Quesadillas (601.3) (Na 950.4)

Soup Of The Week:

Tuscan Tomato Bisque (35.1) (Na 165.1)

DAILY MENU SUNDAY, MARCH 22

Brunch In Sky Lounge

Grilled Steak with Onion
Smoked Peruvian Whole Chicken
Baked Potatoes
Southwest Grit Cake
Roasted Zucchini
Creamed Spinach/Roasted Carrots
Salads & Dessert Bar
Omelet & Waffle Station
Hearty Vegetable Soup (62) (Na 116.5)

Dinner

On-The-Go In Cochran's

DAILY MENU MONDAY, MARCH 23

Entrees:

Lunch: Tempura Chicken (254.6) (Na 823.4)
All Day: Braised Asian Pork (376) (Na 1015.9)
Dinner: Lamb Meatballs (99.3) (Na 40.8)

Sides:

Sesame Noodles
Brown Rice
Red Pepper and Snow Peas
Vegetable Stir-Fry
Potato Leek Soup (78.7) (Na 115.5)

Breakfast Specials:

California Breakfast Croissant (458.3) (Na 391.5)
Iced Cinnamon Roll (454.7) (Na 387)

Salad Special:

Taco Salad (311) (Na 696.2)

Grilled Special:

Mexican Street Corn Hot Dog (493.9) (Na 1181.3)

Soup Of The Week:

Hearty Vegetable (62) (Na 116.5)

DAILY MENU TUESDAY, MARCH 24

Entrees:

Lunch: Italian Meatloaf (211.6) (Na 416.6)
All Day: Country Pork Chops (291.3) (Na 147.8)
Dinner: Manicotti With Marinara (406.6) (Na 365.7)

Sides:

Mashed Potatoes
Herbed Rice Pilaf
Fresh Green Beans
Fresh Asparagus
Sour Cream Garlic Mashed
Five Onion Soup (55.9) (Na 214.2)

Breakfast Specials:

California Breakfast Croissant (458.3) (Na 391.5)
Iced Cinnamon Roll (454.7) (Na 387)

Salad Special:

Taco Salad (311) (Na 696.2)

Grilled Special:

Mexican Street Corn Hot Dog (493.9) (Na 1181.3)

Soup Of The Week:

Hearty Vegetable (62) (Na 116.5)

DAILY MENU WEDNESDAY, MARCH 25

Entrees:

Lunch: Beef Tostada (328.4) (Na 522.3)

All Day: Chicken Fran Chaise (579.2) (Na 180.1)

Dinner: Texas BBQ Brisket (413.1) (Na 586.5)

Sides:

Jasmine Rice

Garlic Chive Mashed

Whole Kernel Corn

Fresh Spinach

Kosher Chicken Corn Chowder (97.6) (Na 623.4)

Breakfast Specials:

California Breakfast Croissant (458.3) (Na 391.5)

Iced Cinnamon Roll (454.7) (Na 387)

Salad Special:

Taco Salad (311) (Na 696.2)

Grilled Special:

Mexican Street Corn Hot Dog (493.9) (Na 1181.3)

Soup Of The Week:

Hearty Vegetable (62) (Na 116.5)

DAILY MENU THURSDAY, MARCH 26

Entrees:

Maple Mustard Pork (264.4) (Na 294.9)

Brown Ale Braised Chicken Thighs (322.4) (Na 263.6)

Sides:

Parsley Red Potatoes

Garlic Mashed

Fresh Steamed Carrots With Parsley

Seasoned Cabbage

Winter Vegetable Soup (65.1) (Na 670.5)

Breakfast Specials:

California Breakfast Croissant (458.3) (Na 391.5)

Iced Cinnamon Roll (454.7) (Na 387)

Salad Special:

Taco Salad (311) (Na 696.2)

Grilled Special:

Mexican Street Corn Hot Dog (493.9) (Na 1181.3)

Soup Of The Week:

Hearty Vegetable (62) (Na 116.5)

THIRSTY THURSDAY BBQ BUFFET \$15.00

Beer Braised Whole Chicken

Smoked Sausage

Southern Style Green Beans

Baked Beans

Mac N Cheese

DAILY MENU FRIDAY, MARCH 27

Entrees:

Gnocchi With Vodka Sauce (420.4) (Na 885.8)

Roasted Salmon Filet (205) (Na 917.7)

Sides:

Brown Rice Pilaf

Sautéed Mixed Vegetables

Cauliflower

Sautéed Green Beans with Garlic

New England Clam Chowder (144.2) (Na 171.1)

Breakfast Specials:

California Breakfast Croissant (458.3) (Na 391.5)

Iced Cinnamon Roll (454.7) (Na 387)

Salad Special:

Taco Salad (311) (Na 696.2)

Grilled Special:

Mexican Street Corn Hot Dog (493.9) (Na 1181.3)

Soup Of The Week:

Hearty Vegetable (62) (Na 116.5)

DAILY MENU SATURDAY, MARCH 28

Entrees:

Lemon Pepper Chicken Thigh (157.6) (Na 91.7)

Root Beer Glazed Ham (149.7) (Na 830.1)

Sides:

Scalloped Potatoes

Mashed Potatoes

Green Peas

Corn On The Cob

Gazpacho (Cold Soup) (59.4) (Na 34.7)

Breakfast Specials:

California Breakfast Croissant (458.3) (Na 391.5)

Iced Cinnamon Roll (454.7) (Na 387)

Salad Special:

Taco Salad (311) (Na 696.2)

Grilled Special:

Mexican Street Corn Hot Dog (493.9) (Na 1181.3)

Soup Of The Week:

Hearty Vegetable (62) (Na 116.5)