

BLUE SKIES EAST DINING SERVICES

BON APPÉTIT



Sunday, Sep 6 – Saturday, Sep 12, 2020

Dining Services East General Manager – JMack
Hospitality Manager – Yolanda King, Executive Chef – Brad Sanford,
Team Lead – Victoria Ulrich

Dining Services Advisory Council (DRAC) 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 ~

- **Cochran's is closed. Please fill out the order form on days in which you wish delivery.**
- **Please note lunch will be delivered from 11am-12pm for Mid Rise & High Rise, and from 12-1pm for Cottages & Hills.**
- **Please make selections by checking the boxes or filling in space provided from the Cochran's Anytime Menu (See Reverse Side of Order Form).**
- **If interested in desserts, please indicate them, and someone will contact you with our current selection.**
- **Weekly Room Service deliveries will continue to be free of charge.**
- **Pizzas will be sent out hot when ordered on the Weekly Room Service forms for normal delivery times.**
- **The Village Store located next to the Front Desk will continue offering Soup, Sandwiches, Salads, Fruit, Parfaits, Beer, Wine, Desserts, and more, and all can be charged to your meal plan.**
- **Please post your weekly room service choices in the basket by the elevator on your floor by Thursday at 2pm for the High & Midrise buildings. For the Hills, please place them in the basket in your lobby. For the Cottages, please post on your front door.**
- **If any questions or concerns, please call 210-568-5173, and leave a message.**

~ Weekly Beverages Available: Please choose and note on your forms ~

- **Coke, Diet Coke, Coke Zero, Sprite, Sprite Zero, Dr Pepper, Diet Dr Pepper, Barq's Root Beer, V8 Juice**
- **For Beer, Red Wine, and White Wine, please write desired preference.**

DAILY MENU SUNDAY, SEPTEMBER 6

\$10.00

Honey Bourbon Pork Loin
(200.6Cal) (457.9Na)
Baked Sweet Potato
Garlic Green Beans

\$3.50

Chicken and Wild Rice Soup
(80Cal) (450Na)

\$10.00

Curry Chicken Masala with Cashews
(159.8Cal) (412.9Na)
Brown Rice
Roasted Cauliflower

\$8.50

Sandwich w/ One Side

DAILY MENU MONDAY, SEPTEMBER 7

HAPPY LABOR DAY

DAILY MENU TUESDAY, SEPTEMBER 8

\$10.00

Mushroom & Leek Penne Pasta
(374.6Cal) (436.3Na)
Sautéed Vegetable Medley

\$3.50

Cream of Onion Soup
(140Cal) (480Na)

\$10.00

Garlic Herb Meatloaf
(238.4Cal) (275.6Na)
Mashed Potatoes
Fresh Steamed Carrots

\$8.50

Sandwich w/ One Side

DAILY MENU WEDNESDAY, SEPTEMBER 9

\$10.00

Chicken Piccata
(251.4Cal) (298.3Na)
Savannah Red Rice
Grilled Asparagus

\$3.50

Italian Pasta & Bean Soup
(140Cal) (370Na)

\$10.00

Beef Ragout Burgundy with Noodles
(387.4Cal) (397.8Na)
Braised Red Cabbage

\$8.50

Sandwich w/ One Side

DAILY MENU THURSDAY, SEPTEMBER 10

\$10.00

Braised Pork
(187.7Cal) (93.9Na)
Mashed Potatoes
Sautéed Spinach

\$3.50

Roasted Onion & Mushroom Soup
(100Cal) (650Na)

\$10.00

Spaghetti "Cacio e Pepe"
(Shrimp, Cheese & Peppers)
(241.8Cal) (163.9Na)
Parmesan Tomatoes

\$8.50

Sandwich w/ One Side

DAILY MENU FRIDAY, SEPTEMBER 11

\$10.00

Grilled Skirt Steak with Chimichurri
(294.8Cal) (257.7Na)
Brown Rice
Grilled Zucchini

\$3.50

British Chowder
(70Cal) (870Na)

\$10.00

Vegetable Lasagna
(279.1Cal) (457.5Na)
Steamed Broccoli

\$8.50

Sandwich w/ One Side

DAILY MENU SATURDAY, SEPTEMBER 12

\$10.00

Fried Catfish w/ Hushpuppies
(240Cal) (530Na)
Macaroni & Cheese
Stewed Tomatoes w/Okra

\$3.50

Sweet Potato & Apple Bisque
(110Cal) (90Na)

\$10.00

Dry Rubbed Baby Back Ribs
(315.1Cal) (442.4Na)

\$8.50

Sandwich w/ One Side

Baked Beans
Country Style Green Beans