

BLUE SKIES EAST DINING SERVICES

Bon Appétit

Sunday, 25 April – Saturday, 8 May

Dining Services General Manager: JMack

Executive Chef: Brad Sanford

Hospitality Manager: Yolanda King

Team Lead: Victoria Ulrich

Dining Services Advisory Council (DRAC) Chair: Doris Megonigal; **Vice Chair:** TBD

Secretary: Leslie McMillion; **Members:** Gerlinde Lindsey, Bob Lamb, Joan Lee, Carol Hernandez, Barbara Whorton, Joe Wychunas & Mai Horn.

Cochran's Dine In

Monday-Saturday ALL DAY dining from 11:30am-6:00pm.

Reservations are NOT required at this time.

Please remember, *masks will be required when not eating or drinking.*

Guests will only be permitted in the dining room with a VIP band. Please have your guest visit the front desk with their original vaccination card

Breakfast

Available from 8:00-9:00am in Cochran's Monday-Saturday.

Cochran's TO-GO

Monday-Saturday 12:15-3:00pm

Sunday 10:30-11:15am & 1:00pm-2:00pm

Sunday Brunch

ANYTIME menu items are not available during brunch.

Dine in at Cochran's will be from 10:30am-2:00pm.

TO-GO Orders will be 10:30-11:15am & 1:00-2:00pm.

Delivery

If you have been approved by resident services for delivery, you must call dining services @ **210-568-5173** by 10:30am each day to place your order. Deliveries will be sent out beginning at Noon.



Thirsty Thursday is back!

Check out the Sky Lounge on Thursday nights from 4:00-6:00pm.

25 April – 1 May

Salad of the Week: BBQ Wedge Salad with Cowboy Caviar
(422.4Cal) (1021.8Na)



Sunday, 25 April

Waste Not, Wag A Lot, Dog Cookies!

Roasted Turkey w/Gravy
(103.6Cal) (406.1Na)

Traditional Cornbread Stuffing
Garlic Green Beans
Roasted Cauliflower

Beef Barley Soup
(80Cal) (170Na)

Anytime Menu Unavailable

Monday, 26 April

Lemon Pepper Roasted Chicken Quarter
(210Cal) (70Na)

Garlic Herb Meatloaf
(221.5Cal) (349.1Na)

Wild Rice
Mashed Yukon Gold Potatoes
Summer Succotash
Fresh Braised Greens

Cream of Mushroom Soup
(110Cal) (70Na)

Tuesday, 27 April

Southern Smothered Pork Chops
(260Cal) (330Na)

Chicken Cordon Bleu
(496.9Cal) (1061.7Na)

Mashed Potatoes
Wild Rice Medley
Fresh Steamed Carrots
Sauteed Spinach w/Garlic

Turkey Rice Soup
(56.6Cal) (206Na)

Wednesday, 28 April

Chopped Steak w/Gravy
(350Cal) (210Na)

Signature Fried Chicken
(471.6Cal) (367Na)

Bacon Macaroni & Cheese
Mashed Yukon Gold Potatoes
Grilled Asparagus
Chopped Country Coleslaw

Cream of Cauliflower Soup
(220Cal) (370Na)

Thursday, 29 April

Smoked Sausage w/Sauerkraut
(270Cal) (1090Na)

Spaghetti & Meatballs
(435.5Cal) (807.2Na)

Mashed Potatoes
Sauteed Spinach
Parmesan Tomatoes

Black Bean Soup
(110Cal) (540Na)

Friday, 30 April

Oatmeal Cookie & Bubble Tea Day!

Korean Beef Bulgogi
(370Cal) (620Na)

Cajun Pecan Catfish w/Hushpuppies
(317.1Cal) (477.2Na)

Kimchi Fried Rice
Pinto Beans
Vegetable Stir Fry
Collard Greens

New England Clam Chowder
(134.5Cal) (170.6Na)



Saturday, 1 May

Chicken Piccata
(230Cal) (380Na)

Texas BBQ Brisket
(413.9Cal) (502Na)

Savana Red Rice Medley
Southern Baked Beans
Country Style Green Beans
Grilled Asparagus

Italian Wedding Soup
(80Cal) (560Na)

2 May – 8 May

Sandwich of the Week: Avocado Egg Salad on Focaccia Toast
(279.5Cal) (368Na)

Sunday, 2 May

Roasted Turkey w/Gravy
(103.6Cal) (406.1Na)

Traditional Cornbread Stuffing
Creamed Corn w/Red Peppers

Cream of Turkey Soup
(163.3Cal) (484.1Na)

Anytime Menu Items Unavailable

Monday, 3 May

Masala-Honey Cornish Hen
(275.1Cal) (354.4Na)

Garlic Herb Meatloaf
(221.5Cal) (349.1Na)

Mashed Yukon Gold Potatoes
Basmati Blend
Grilled Vegetables
Steamed Broccoli

Pepper Cabbage Soup
(85.6Cal) (127.4Na)

Tuesday, 4 May

Baked Panko Tilapia w/Pepper Relish
(264.9Cal) (322.8Na)

Chicken Cordon Bleu
(496.9Cal) (1061.7Na)

Jasmine Rice
Mashed Potatoes
Grilled Asparagus
Broccoli, Cauliflower, & Carrot Blend

Tomato Florentine Soup
(48Cal) (57.6Na)

Wednesday, 5 May

Liver & Onions
(409.1Cal) (1044.6Na)

Signature Fried Chicken
(471.6Cal) (367Na)

Mashed Yukon Gold Potatoes
Bacon Macaroni & Cheese
Roasted Brussels Sprouts
Chopped Country Coleslaw

Cream of Broccoli Soup
(184.9Cal) (191.9Na)

Thursday, 6 May	Friday, 7 May
<p>Lemon Pepper Pork Loin (166.6Cal) (62.8Na)</p> <p>Spaghetti & Meatballs (435.5Cal) (807.2Na)</p> <p>Creamy Polenta Garlic Green Beans Fresh Vegetable Medley</p> <p>Ham & Vegetable Soup (74.3Cal) (495.2Na)</p>	<p>Sweet-Hot Barbecue Ribs (415.6Cal) (854.4Na)</p> <p>Cajun Pecan Catfish & Hushpuppies (266.6Cal) (346.9Na)</p> <p>Jumbo Baked Sweet Potato Mashed Potatoes Green Peas Roasted Carrots</p> <p>New England Clam Chowder (134.5Cal) (170.6Na)</p>
Saturday, 8 May	
<p>Smothered Chicken w/Bacon & Mushrooms (251.1Cal) (490.4Na)</p> <p>Texas BBQ Brisket (413.9Cal) (502Na)</p> <p>Wild Rice Medley Baked Beans Braised Greens Country Style Green Beans</p> <p>Hearty Vegetable Soup (59.8Cal) (117.1Na)</p>	