

BLUE SKIES WEST DINING SERVICES
July 2021 BON APPÉTIT



Main Dining Room Hours

Lunch Carryout, Mon-Sat 11am-1pm

Lunch Dine-In, Mon-Sat 11am-1pm (Open Seating)

Dinner Carryout, Mon-Sat 4-4:45pm

Dinner Dine-In, Mon-Sat 5-6:30pm (Reservation Required)

Sunday Brunch Carryout, 10:30-11:15am & 1-1:15pm

Sunday Brunch Dine-In, 11am-1pm (Reservation Required)

Bistro Hours

Breakfast Sundays – 7:30am-12:30pm (note the extended hours)

Breakfast Mon-Sat, 7:30-11am

Lunch/Dinner, Sun-Sat 11am-6:30pm

Bistro Specials Available Mon – Fri

Please see bottom of menu pages for Weekly Bistro Specials

Dinner, Sunday Brunch & Holiday Reservations – Reservations are required for Dine-In Dinner Monday-Saturday and for Dine-In on Sundays. Reservations are also required for Holiday Dine-In and Carryout. Reservations can be made on <https://tableagent.com/san-antonio/blue-skies-of-texas-west/>. If you need any assistance, please reach out to Daniel, Nikki, or Caitlin at 210-568-3232. See page 3 for a step-by-step guide on making your reservation.

Reservation Cutoff Times – Dinner reservation cutoff time Monday through Saturday is 2pm on that day. Sunday Brunch reservation cutoff time is **6pm** the day before.

July 3rd Service – Lunch and Dinner service in the Main Dining Room will be carryout-only due to the set up for the 4th of July BBQ festivities. Bistro will be open during regular hours.

July 4th Service – There will be no Lunch or Dinner service in the Main Dining Room in observance of the holiday. We will be offering a Breakfast Plate and Lasagna Meal at the Bistro. Bistro will be open during regular hours.

July 5th Service – Lunch service will be Carryout and Dine-In 11am–1pm and there will be NO Dinner Service. Bistro will be open during regular hours.

New Advance Sale Form – Please see pages 10-11 for an updated copy of the Advance Sale Form.

Current “Normal” BSTW Dining Operations – Dine In & Carry-Out

Reminders:

- Masks are still required of staff members.
- Guests are required to have a VIP Band if they want to dine in the Bistro or Main Dining Room.
- Deliveries are charged except for medical reasons and quarantine.

Lunch

- Please enter through Main Dining Room Lunch entrance.
- Order taken at the Grill Line. Please proceed to cold / hot line if you want other items, pay, then have a seat at your table or one of the tables in the waiting area and items will be delivered to you.

Dinner

- Carryout customers, please enter through Main Dining Room Lunch entrance.
- Grill Carryout orders taken at the register. Please proceed to cold / hot line if you want other items, pay, then have a seat at one of the tables in the waiting area, and items will be delivered to you.
- Dine-In Reservations, please enter through the Main Dining Room Dinner entrance.
- Dine In customers will place all orders at their tables.

Grill Lunch Specials Daily (Monday – Saturday)


- Hamburger, Grilled on a wheat bun with choice of cheese. Lettuce, tomato and onion on the side \$7.00
- Impossible Burger, grilled on a wheat bun with choice of cheese. Lettuce, tomato and onion on the side \$7.50
- Hot Dog, Choice of topping or Chili Cheese \$4.00
- Chicken Breast, lightly seasoned with lemon pepper \$7.00
- Salmon \$9.00
- Fries \$1.95
- Onion Rings \$1.95



MDR Dine-In Reservations



To make a reservation to Dine-In for Brunch & Dinner, please use the following web address:



<https://tableagent.com/san-antonio/blue-skies-of-texas-west/>

Reservations

 Mon Mar 01 2021

 Dinner - Restaurant 

 Time 

 Party Size 



Continue






<=== Select the time you want


<=== Select your party size


Click "Continue", then enter your info.




Guest Info


 Language English 


 Dinner - Restaurant
 Monday, March 01, 2021 
 4 p.m.
 2 people

First Name  First Name

Last Name  Last Name

Phone   USA +1  Phone

Email  Email

Request  Request / Occasion

Yes, I want to receive emails from Blue Skies - West.

Make Reservation

**The sooner you make your reservation, the more likely you are to get your preferred time slot.
The website will tell you immediately if it is already taken so you can choose another time.**

If you need assistance, please call Daniel, Nikki, or Caitlin at (210) 568-3232.

Menu – Sunday, July 4 – Saturday, July 10

IL	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 4	4-Jul	5-Jul	6-Jul	7-Jul	8-Jul	9-Jul	10-Jul
Entrée 1	See Page 1	Chicken Cordon Bleu	BBQ Braised Beef	Chicken Parmesan	Asian Orange Chicken	BBQ Chicken Thigh	Corned Beef and Cabbage
Entrée 2	See Page 1	Liver and Onions	Veggie Quiche	Cheese Tortellini	Coconut Tofu Stir fry	Fish and Chips	Chicken and Sausage Paella
Brunch ONLY Entrée 3	See Page 1						
Vegetable	See Page 1	Stir Fry Veggies	Garlic Spinach	Apple-Onion Sauerkraut	Stir Fry Snow Peas	Braised Greens	Roasted Zucchini
Vegetable	See Page 1	Green Beans and Cherry Tomato	Peas w/ Ham	Stewed Squash	Steamed Baby Carrots	Buttered Corn Kernels	Okra and Tomatoes
Vegetable	See Page 1	Garlic Herb Broccoli	Corn on the Cob	Vegetable Medley	Chili Garlic Eggplant	Roasted Vegetables w/ Herbs	Oven Roasted Carrots
Starch	See Page 1	Brown Rice	Roasted Potato	Polenta	Sesame Rice	Chef's Choice Bean	Parslied New Potato
Starch	See Page 1	Bowtie Pasta	Tater Tots	Potato Casserole	Buttered Egg Noodles	Baked Sweet Potato	Red Beans and Rice
Soup	See Page 1	Chicken and Rice	Split Pea Soup	Navy Bean	Turkey Noodle	NE Clam Chowder	Lentil and Spinach

Items Below Only Available at Lunch Time

Lunch Salad/Cold	See Page 1	Chinese Chicken Chopped Salad	Chinese Chicken Chopped Salad	Chinese Chicken Chopped Salad	Plant Protein Power Buddha Bowl	Plant Protein Power Buddha Bowl	Plant Protein Power Buddha Bowl
Lunch Sandwich	See Page 1	Crispy Chicken Bacon Club	Crispy Chicken Bacon Club	Crispy Chicken Bacon Club	Meatball Sub	Meatball Sub	Meatball Sub
Lunch Grill Special	See Page 1	Salmon Tzatziki Quinoa Bowl	Salmon Tzatziki Quinoa Bowl	Build A Better Burger	Build A Better Burger	Build A Better Burger	

Bistro Special July 5-9:

Grilled Onion & Provolone Burger **or** Chicken Wings

Menu – Sunday, July 11 – Saturday, July 17

IL	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	11-Jul	12-Jul	13-Jul	14-Jul	15-Jul	16-Jul	17-Jul
Entrée 1	Prime Rib w/ Gravy	Beef Bourguignon	Garlic Herb Meatloaf w/ Onion Gravy	Salisbury Steak	Spaghetti with Mushroom Alfredo	Grilled Bistro Steak Chimichurri	Dry Rubbed Ribs
Entrée 2	Indian Curry Chicken Masala w/ Cashews	Smothered Garlic Herb Pork Loin	Lemon Pepper Roasted Chicken Thighs	Chicken Picatta	Carolina Pulled Pork	Grilled Trout with Tropical Salsa	Mushroom and Spinach Lasagna
Brunch ONLY Entrée 3	Beyond Bolognaise over Pasta	/	/	/	/	/	/
Vegetable	Green Beans	Mushroom and Leek Sauté	Steamed Carrots with Herb Butter	Grilled Asparagus	Sautéed Spinach	Broccoli	Citrus Braised Greens
Vegetable	Roasted Cauliflower	Summer Succotash	Tomato & Cucumber Salad	Corn w/ Pimento	Stewed Squash w/ Tomatoes and Rosemary	Tuscan Green Beans	Peas and Mushrooms
Vegetable	Braised Carrots and Onions	Green Peas	Sautéed Mixed Vegetables	Broccolini	Buttered Corn	Grilled Zucchini	Sautéed Spinach
Starch	Rice Pilaf	Buttered Noodles	Mashed Potatoes	Couscous	Cornbread Stuffing	Spanish Rice	Mac & Cheese
Starch	Buttermilk Mashed Potato	Potato Cakes	Herbed Quinoa	Scalloped Potatoes	Baby Lima Beans	Lyonnais Potato	Hash Brown Potatoes
Soup	Greek Chicken Soup	Cream of Mushroom	White Bean and Ham	Cream of Cauliflower	Corn Chowder	Manhattan Style (red) Seafood Chowder	Tuscan Sausage Soup
Items Below Only Available at Lunch Time							
Lunch Salad/Cold	/	Grilled Shrimp Caprese Salad	Grilled Shrimp Caprese Salad	Grilled Shrimp Caprese Salad	Korean Beef Power Bowl	Korean Beef Power Bowl	Korean Beef Power Bowl
Lunch Sandwich	/	French Dip	French Dip	French Dip	Reuben Sandwich	Reuben Sandwich	Reuben Sandwich
Lunch Grill Special	/	Seasoned Ground Beef or Pork Verde Taco Salad	Seasoned Ground Beef or Pork Verde Taco Salad	Baked Potato Bar	Baked Potato Bar	Baked Potato Bar	/

Bistro Special July 12-16: Mushroom Swiss Burger or Shrimp Quesadilla

Menu – Sunday, July 18 – Saturday, July 24

IL	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 2	18-Jul	19-Jul	20-Jul	21-Jul	22-Jul	23-Jul	24-Jul
Entrée 1	Roasted Turkey	Shredded Spanish Style Braised Beef	Moroccan Chicken	Liver and Onions	Lemon-White Wine Baked Salmon	Fried Shrimp	Hawaiian Pineapple Pork Loin
Entrée 2	Pesto Crusted Redfish	Garlic-Mustard Roasted Pork	Korean Bulgogi Beef	Swedish Meatballs	Beef Lasagna	Queso Smothered Chicken Breast	Beef Enchiladas
Brunch ONLY Entrée 3	Shredded Slow Roasted Pork (Cochinita Pibil)	/	/	/	/	/	/
Vegetable	Steamed Carrots	Corn on the Cob	Broccoli w/ Garlic Sauce	Roasted Brussel Sprouts	Ratatouille	Broccoli Cheddar Casserole	Braised Greens
Vegetable	Green Beans with Caramelized Onions	Steamed Asparagus	Sautéed Zucchini and Snow Peas	Apple-Almond Green Beans	Steamed Broccoli	Roasted Tomatoes	Roasted Vegetable Medley
Vegetable	Sautéed Spinach w/ Tomato	Grilled Vegetables	Stir Fry Ginger Carrots	Roasted Mushrooms	Peas w/ Fennel	Cumin Stewed Squash	Street Corn
Starch	Mashed Potato	Smashed Potatoes	Jasmine Rice	Lemon Orzo	Wild Rice	Farro with Pecans and Currents	Roasted Acorn Squash
Starch	Cornbread Stuffing	Cilantro Rice	Sesame Garlic Roasted Sweet Potato	Tater Tots	Chimichurri Cauliflower Rice	Black Beans and Rice	Parslied Potato
Soup	Baked Potato	Split Pea Soup	Mushroom Egg Drop	Cream of Broccoli	Turkey Noodle	NE Clam Chowder	Lentil and Spinach
Items Below Only Available at Lunch Time							
Lunch Salad/Cold	/	Fried Chicken Tender Ranch Salad	Fried Chicken Tender Ranch Salad	Fried Chicken Tender Ranch Salad	Thai Salmon Power Buddha Bowls	Thai Salmon Power Buddha Bowls	Thai Salmon Power Buddha Bowls
Lunch Sandwich	/	Tuna Salad Melt	Tuna Salad Melt	Tuna Salad Melt	Egg Salad Sandwich on Wheat	Egg Salad Sandwich on Croissant	Egg Salad Sandwich on Wheat
Lunch Grill Special	/	Chicken Wings- BBQ or Sesame Teriyaki	Chicken Wings- BBQ or Sesame Teriyaki	Loaded Nachos	Loaded Nachos	Loaded Nachos	/

Bistro Special July 19-23:

BBQ Bacon Cheddar Burger **or** Pork Eggrolls w/ Sweet & Sour Sauce

Menu – Sunday, July 25 – Saturday, July 31

IL	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 3	25-Jul	26-Jul	27-Jul	28-Jul	29-Jul	30-Jul	31-Jul
Entrée 1	Prime Rib w/ Gravy	Mini Crab Cakes with Remoulade Sauce	Thai Basil Pork Stir Fry	Peach Glazed Ham	Teriyaki Chicken Thigh	Chicken Marsala	BBQ Ribs
Entrée 2	Salmon	Bowtie Chicken Alfredo	Bratwurst w/ Cheddar Ale Sauce	Pasta à la Vodka with Turkey and Fresh Mozzarella	Sweet and Sour Pork	Shrimp Scampi Linguini	Baked Ziti
Brunch ONLY Entrée 3	Grilled BBQ Bacon Wrapped Quail	/	/	/	/	/	/
Vegetable	Brussels Sprout Hash	Glazed Carrots	Sauerkraut	Chef's Choice Bean	Sesame Sugar Snap Peas	Parmesan Tomatoes	Peas and Pearl Onions
Vegetable	Green Bean Casserole	Steamed Broccoli	Cole Slaw	Grilled Asparagus	Edamame	Artichoke and Kale Casserole	Fried Okra
Vegetable	Steamed Carrots	Braised Cabbage w/ Bacon	Stir Fry Vegetable Medley	Sautéed Spinach w/ Shallots	Ginger-Hoisin Carrots	Garlic Green Beans w/ Blistered Tomato	Roasted Mushrooms and Zucchini
Starch	Mashed Yukon Gold Potato	Rice Pilaf	Jasmine Rice	Candied Sweet Potato Casserole	Sushi Rice	Chefs Choice Pasta	BBQ Baked Beans
Starch	Smoked Gouda Mac and Cheese	Cheddar Cheese Bread Pudding	Rice Noodles	Bistro Chips	Crispy Noodles	Roasted Baby Potatoes	Warm Potato Salad
Soup	Greek Chicken	Corn Chowder	Mushroom Egg Drop	White Bean and Ham	Turkey Noodle	Manhattan Style (red) Seafood Chowder	Cream of Broccoli
Items Below Only Available at Lunch Time							
Lunch Salad/Cold	/	Chicken & Tuna Salad Duo	Chicken & Tuna Salad Duo	Chicken & Tuna Salad Duo	Greek Chicken Power Bowl	Greek Chicken Power Bowl	Greek Chicken Power Bowl
Lunch Sandwich	/	Gyro on Pita	Gyro on Pita	Gyro on Pita	Bacon Cheddar Grilled Cheese	Bacon Cheddar Grilled Cheese	Bacon Cheddar Grilled Cheese
Lunch Grill Special	/	Morrison Living Burger Promotion	Spaghetti and Meatballs	Spaghetti and Meatballs	Chicken Parmesan Sandwich	Chicken Parmesan Sandwich	/

Bistro Special July 26-30: Fiesta Burger or Bagel BLT

SUPERFOOD OF THE MONTH

By Lisa Bombela-Comuzzie, Clinical Nutrition Manager

Super Food of the Month: Berries

When it comes to foods that both taste great and are great for your health, it is hard to beat the berry. Berries are rich in antioxidants — substances found in certain foods that help fight cell damage.

It is best to access these antioxidants through real, whole foods — not supplements — especially from colorful fruits and vegetables.

Berries are some of the most delicious and versatile sources of phytonutrients (plant-based chemical compounds). Various berry types have slightly different qualities and nutrient values, so it is best to combine them in a berry blend. Although berries have natural sugar, it is recommended to eat berries in moderation and/or in combination with protein. Fresh or frozen is better than dried, as dried berries have only 20 percent as many phytonutrients, and more sugar.

Blueberries: Although they contain more sugar than other berries (15 grams per cup, compared to 5 grams for raspberries), this easy-to-find berry contains an abundance of phytonutrients.

Buying and storage tips: When they are in season (June to August), buy enough to freeze for later, adding some vitamin C powder or lemon juice to keep them fresh longer. Store fresh berries in the crisper section of your refrigerator and do not rinse until you are ready to use.

Blackberries: They contain the highest amount of antioxidants and fiber and have only 7 gms of sugar per cup. One of the most important ways to boost immunity is by getting sufficient vitamin C. One cup of blackberries will provide 30.2 mg of vitamin C, which is roughly half of our daily recommended dose.

Buying and storage tips: Like most berries, blackberries are seasonal in late spring and summer. Store them in the fridge, but not the crisper, and eat within a few days.

Strawberries: These sweet, heart-shaped fruits are full of vitamin C, folic acid, fiber, and antioxidants. They may help lower high blood pressure and cholesterol, help you manage blood sugar, and fight the effects of aging on your brain.

Buying and storage tips: Since strawberries spoil quickly, eat them quickly. To reap the most health benefits, do not wash or hull them until you're ready to eat and enjoy. Look for berries that are red all over (no white) as they have more antioxidants and better taste.

Raspberries: Raspberry plants were historically used to treat morning sickness and stomach pain. Raspberries are loaded with nutrients that may help fight different types of cancer and may protect your brain. (5 grams of sugar per cup).

Cranberries: If you tend to get urinary tract infections, you may have had your share of cranberry juice. It will not treat UTIs, but cranberry supplements may decrease your odds of getting them later. They also contain the lowest amount of sugar (4 grams per cup). Eat them whole when you can to avoid the high sugar content in juice form and maximize fiber and phytonutrients.

Avocado: Surprise! Avocados are single-seeded berries. Their soft green flesh is loaded with vitamins, minerals, and healthy fats. Avocados can help your heart, support weight loss, and may keep you healthy as you get older. Slice and add to salads, blend into smoothies, or spread onto sandwiches instead of mayonnaise.

Summer Berry Medley with Limoncello and Mint Recipe

Limoncello (lee-mon-CHAY-low) is a lemon-flavored liqueur from Italy's Amalfi coast. It's often savored after a meal. Store it in the freezer and serve over ice. If you have trouble finding it, substitute an orange-flavored liqueur such as Grand Marnier. This recipe earned our Test Kitchens' highest rating. Compliments of myrecipes.com

Yield: 6 servings (serving size: about 1 cup)

Ingredients

- 1 cup fresh raspberries
- 2 cups fresh blackberries
- 2 cups hulled fresh strawberries, quartered.
- 2 cups fresh blueberries
- ¼ cup sugar
- 1 tablespoon grated lemon rind
- 2 tablespoons fresh lemon juice
- 2 tablespoons limoncello (lemon-flavored liqueur)
- ½ cup torn mint leaves.



Directions

Combine first 8 ingredients in a bowl; let stand 20 minutes. Gently stir in mint using a rubber spatula.

Nutrition Facts

Per Serving:

136 calories; calories from fat 5%; fat 0.8g; mono fat 0.1g; poly fat 0.4g; protein 1.9g; carbohydrates 31.3g; fiber 7.4g; iron 1mg; sodium 2mg; calcium 38mg.

Blue Skies of Texas West Dining Services

Advance Sales

- Place requests in Drop Box at Main Dining Room Lunch entry.
For Wednesday pick up: Turn in requests by Saturday, 11am. For Saturday pick up: Turn in requests by Wednesday, 11am. Contact Main Dining Room (210) 568-3235 for questions/concerns.
- **Pick-Up Times: 2 – 3:30pm Wednesday or Saturday.**
- Pick-Up Location: Salad Island Area in Servedy.
- Proteins will be served raw unless requested to be seared.
- **Resident meal plan will be charged in the month the pickup day falls on.**

Printed Name _____

Apt # _____

Phone # _____

Signature _____

Day Placed in Box: _____

Pick-Up Day (Circle One): _____

Wednesday

Saturday

Item	Max Quantity	# Requested	Cost Per Item
Wine (BSTW Only) Type:	Two Bottles		Varies
Beer (BSTW Only) Type:	Two Six Packs		Varies
Soda/Water Type:	Six Bottles or Cans (based on availability)		\$1.35 per
Ensure or Activia	One Case		\$42.00
Small Pizza Cheese or Pepperoni	Three		\$6.50 per
Chicken Breast (5oz)	Six		\$4.00 per
Hamburger	Six		\$3.25 per
Chicken Cordon Bleu	Four		\$9.00 per
Flat Iron Steak (8oz)	Four		\$25.00 per
Top Sirloin Steak (6oz)	Four		\$18.00 per
Boneless Pork Loin Chop (12oz)	Four		\$15.00 per
One Pound Large (16/20) Peeled Tail on Shrimp	4 lbs		\$14.00 / per pound
Salmon (2) (4oz filets)	Four		\$14.50 per
New Zealand Rack of Lamb (12-14 oz.)	Two		\$28.00 per
Apple or Chocolate Cream Pie	Two		\$12.00 per

July National Food Days

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
4	5	6	7 World Chocolate Day!	8	9 National Sugar Cookie Day!	10
11	12	13 National French Fry Day!	14	15	16	17 National Peach Ice Cream Day!
18 Crepe Expectations!	19	20	21	22	23 National Vanilla Ice Cream Day!	24 National Day of the Cowboy!
25	26	27	28	29 National Cheesecake Day!	30	31 National Avocado Day!
1	2	Notes				

Calendar Templates by Vertex42
<https://www.vertex42.com/calendars/>