

BLUE SKIES WEST DINING SERVICES
August 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

Skyline Lounge

Lunch Deli Sandwiches – Come and check out our new build-your-own style Deli Sandwiches on a fresh baked hoagie with a side of chips and your choice of toppings and condiments. You will need to place your order at the register. Please have a seat at your table or waiting area, and we will deliver it to you. These are only available at lunchtime.

Bistro Pizza – Due to popular demand, we will now start offering build-your-own custom pizzas. They will be a cheese pizza base, \$6.00 for a small and \$12.00 for a large. Each topping will be an additional \$0.25. The list of toppings: Pepperoni, Sausage, Onion, Bell Pepper, Olives, and Mushroom.

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. Please see page 3 for a step-by-step guide on making your reservation.

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

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

Reminders:

- **Masks are mandatory for EVERYONE.** Exception: unless actively eating/drinking.
- Guests are required to have a VIP Band if they would like 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 is taken at the Grill Line. Please proceed to the cold / hot line if you would like 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 the cold / hot line if you would like 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

Attention: Weekend dining at the Sky Lounge is returning in August for all residents of both the East & West Campuses.


Please remember that the 5pm-6pm hour is high demand, and that you may want to plan accordingly. Please refer to the Friday Flyer for the schedule and make all reservations through Table Agent.



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 










<=== 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.



**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, August 1 – Saturday, August 7

IL	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 4	1-Aug	2-Aug	3-Aug	4-Aug	5-Aug	6-Aug	7-Aug
Entrée 1	Roasted Turkey	Chicken Cordon Bleu	BBQ Braised Beef	Chicken Parmesan	Asian Orange Chicken	BBQ Chicken Thigh	Beef Stroganoff
Entrée 2	Grilled Ham Steak	Liver and Onions	Veggie Quiche	Cheese Tortellini	Coconut Tofu Stir fry	Fish and Chips	Chicken and Sausage Paella
Brunch ONLY Entrée 3	Linguini and Clam Sauce	/	/	/	/	/	/
Vegetable	Carrots & Cauliflower	Stir Fry Veggies	Garlic Spinach	Apple-Onion Sauerkraut	Stir Fry Snow Peas	Braised Greens	Roasted Zucchini
Vegetable	Green Bean Casserole	Green Beans and Cherry Tomato	Peas w/ Ham	Stewed Squash	Steamed Baby Carrots	Buttered Corn Kernels	Roasted Tomatoes
Vegetable	Creamed Spinach	Garlic Herb Broccoli	Corn on the Cob	Vegetable Medley	Chili Garlic Eggplant	Roasted Vegetables w/ Herbs	Oven Roasted Carrots
Starch	Mashed Potato	Brown Rice	Roasted Potato	Polenta	Sesame Rice	Chef's Choice Bean	Parslied New Potato
Starch	Stuffing	Bowtie Pasta	Tater Tots	Potato Casserole	Buttered Egg Noodles	Baked Sweet Potato	Egg Noodles
Soup	Vegetable Beef	Chicken and Rice	Black Bean	Navy Bean	Thai Coconut Tomato	Salmon Corn and Bacon Chowder	Hungarian Mushroom

Items Below Only Available at Lunch Time

Lunch Salad/Cold	/	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	/	Crispy Chicken Bacon Club	Crispy Chicken Bacon Club	Crispy Chicken Bacon Club	Meatball Sub	Meatball Sub	Meatball Sub
Lunch Grill Special	/	Salmon Tzatziki Quinoa Bowl	Salmon Tzatziki Quinoa Bowl	Spaghetti w/ Meat Sauce	Spaghetti w/ Meat Sauce	Spaghetti w/ Meat Sauce	/

Bistro Special August 2-6:

Pork Eggrolls w/ Sweet & Sour Sauce

Notice: Beginning August 1, Daily Lunch & Dinner Entrée Specials' price is \$11.50

Menu – Sunday, August 8 – Saturday, August 14

IL	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	8-Aug	9-Aug	10-Aug	11-Aug	12-Aug	13-Aug	14-Aug
Entrée 1	Prime Rib w/ Gravy	Beef Bourguignon	Garlic Herb Meatloaf w/ Onion Gravy	Salisbury Steak	Spaghetti with Mushroom Alfredo and Goat Cheese	Grilled Skirt Steak Chimichurri	Dry Rubbed BBQ Pork Chop w/ Apples
Entrée 2	Fried Chicken	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	Pasta Primavera	/	/	/	/	/	/
Vegetable	Green Beans	Mushroom and Leek Sauté	Steamed Carrots with Herb Butter	Grilled Asparagus	Sauteed 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	Sauteed Mixed Vegetables	Broccolini	Buttered Corn	Grilled Zucchini	Sauteed Spinach
Starch	Rice Pilaf	Buttered Noodles	Mashed Potatoes	Couscous	Cornbread Stuffing	Spanish Rice	Mac & Cheese
Starch	Buttermilk Mashed Potato	Potato Cakes	Herbed Quinoa	Scallop Potatoes	Baby Lima Beans	Lyonnais Potato	Hash Brown Potatoes
Soup	Gazpacho	Cream of Onion	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	Chef Salad	Chef Salad	Chef Salad
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 August 9-13:
Chili Cheese Dog

Notice: Beginning August 1, Daily Lunch & Dinner Entrée Specials' price is \$11.50

5 BST West Bon Appétit

Menu – Sunday, August 15 – Saturday, August 21

IL	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 2	15-Aug	16-Aug	17-Aug	18-Aug	19-Aug	20-Aug	21-Aug
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 Bean with Caramelized Onions	Steamed Asparagus	Sauteed Zucchini and Snow Peas	Apple-Almond Green Beans	Steamed Broccoli	Roasted Tomatoes	Roasted Vegetable Medley
Vegetable	Sauteed 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	Tomato Basil	Split Pea Soup	Mushroom Egg Drop	Cream of Broccoli	Baked Potato	NE Clam Chowder	Chicken Tortilla Soup

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 August 16-20:
Chicken Salad Wrap

Notice: Beginning August 1, Daily Lunch & Dinner Entrée Specials' price is \$11.50

Menu – Sunday, August 22 – Saturday, August 28

IL	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 3	22-Aug	23-Aug	24-Aug	25-Aug	26-Aug	27-Aug	28-Aug
Entrée 1	Prime Rib w/ Gravy	Shrimp Cakes with Remoulade Sauce	Thai Basil Pork Stir Fry	Peach Glazed Ham	Teriyaki Chicken Thigh	Chicken Marsala	Grilled Italian Sausage
Entrée 2	Tomato and Herb Poached 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	Chicken Cordon Bleu	/	/	/	/	/	/
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	Sauteed 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	Broccoli Cheese	Corn Chowder	Thai Tom Kha Gai	White Bean and Ham	Asian Garden Soup	Shrimp Bisque	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 August 23 – 27:
Shrimp Quesadilla

Notice: Beginning August 1, Daily Lunch & Dinner Entrée Specials' price is \$11.50

Menu – Sunday, August 29 – Saturday, September 4

IL	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 4	29-Aug	30-Aug	31-Aug	1-Sep	2-Sep	3-Sep	4-Sep
Entrée 1	Roasted Turkey	Grilled Chicken Tenders	BBQ Braised Beef	Chicken Parmesan	Asian Orange Chicken Tenders	BBQ Chicken Thigh	Beef Stroganoff
Entrée 2	Grilled Ham Steak	Liver and Onions	Veggie Quiche	Cheese Tortellini	Coconut Tofu Stir fry	Fish and Chips	Chicken and Sausage Gumbo
Brunch ONLY Entrée 3	Linguini and Clam Sauce						
Vegetable	Carrots & Cauliflower	Stir Fry Veggies	Garlic Spinach	Apple-Onion Sauerkraut	Stir Fry Snow Peas	Braised Greens	Roasted Zucchini
Vegetable	Green Bean Casserole	Green Beans and Cherry Tomato	Peas w/ Ham	Stewed Squash	Steamed Baby Carrots	Buttered Corn Kernels	Okra and Tomatoes
Vegetable	Creamed Spinach	Garlic Herb Broccoli	Corn on the Cob	Vegetable Medley	Chili Garlic Eggplant	Roasted Vegetables w/ Herbs	Oven Roasted Carrots
Starch	Mashed Potato	Brown Rice	Roasted Potato	Polenta	Sesame Rice	Chef's Choice Bean	Parslied New Potato
Starch	Stuffing	Bowtie Pasta	Tater Tots	Potato Casserole	Buttered Egg Noodles	Baked Sweet Potato	Red Beans and Rice
Soup	Vegetable Beef	Chicken and Rice	Black Bean	Navy Bean	Thai Coconut Tomato	Salmon Corn and Bacon Chowder	Hungarian Mushroom

Items Below Only Available at Lunch Time

Lunch Salad/Cold		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		Crispy Chicken Bacon Club	Crispy Chicken Bacon Club	Crispy Chicken Bacon Club	Meatball Sub	Meatball Sub	Meatball Sub
Lunch Grill Special		Salmon Tzatziki Quinoa Bowl	Salmon Tzatziki Quinoa Bowl	Spaghetti w/ Meat Sauce	Spaghetti w/ Meat Sauce	Spaghetti w/ Meat Sauce	

Bistro Special August 30 – September 3:
Pork Eggrolls w/ Sweet & Sour Sauce

Notice: Beginning August 1, Daily Lunch & Dinner Entrée Specials' price is \$11.50

SUPERFOOD OF THE MONTH

By Lisa Bombela-Comuzzie, Clinical Nutrition Manager

Super Food of the Month: Kale

....but does kale really live up to its superfood status? The answer is: 'Kale, yes'! Below are some impressive benefits, and easy ways to incorporate kale into your diet.

Kale is packed with nutrients

Kale is one of the most nutrient-dense foods. One cup of chopped kale provides 134% of your daily value of vitamin C, over 200% of vitamin A and almost 700% of vitamin K. Additionally, kale contains smaller amounts of key minerals including potassium, calcium, magnesium, manganese, iron, copper, and phosphorus. It also supplies energy-supporting B vitamins and some plant-based omega-3 fatty acids and plant protein.

Kale promotes bone health

Other than being a top source of vitamin K, which helps with blood clotting, it also protects bones. Vitamin K is required for bone formation, and several studies have shown that a shortfall is linked to increased fracture risk and osteoporosis.

It keeps inflammation at bay

Kale is a potent source of antioxidants known to reduce inflammation, a trigger of premature aging and disease. The kale antioxidant quercetin has anti-viral properties and may help treat the common cold. The kale carotenoids Lutein and Zeaxanthin concentrate in the eye and may play a role in preventing optic conditions like macular degeneration and cataract.

Kale protects the heart

Kale has been shown to reduce cholesterol by increasing its excretion and preventing cholesterol from being reabsorbed from the digestive tract into the bloodstream. Kale contains about 120 mg of Omega-3 fatty acid per cup. In one study in men with high cholesterol, the consumption of kale juice daily for 12 weeks increased "good" HDL cholesterol by nearly 30% and decreased "bad" LDL by 10%, while improving antioxidant status. Kale also helps fend off damage to artery walls, especially within the bends and curves most vulnerable to inflammation and hardened plaque buildup.

How to eat more kale

You can serve eggs over a sauteed kale hash or add kale to an omelet, scramble, or frittata. You can include kale in soups, stews, dips, casseroles, quiches, grain blends or pasta sauces. You can easily add a handful into a smoothie or juice blend. For a fun snack, try these kale chips (recipe on next page).

Baked Kale Chips Recipe

These are a low-calorie nutritious snack. Like potato chips, you cannot stop at just eating one. They are great for parties and a good conversation topic.

Yield: 6 servings

Ingredients

- 1 bunch kale
- 1 tablespoon olive oil
- 1 teaspoon seasoned salt



Directions

Preheat an oven to 350 degrees F (175 degrees C). Line a non-insulated cookie sheet with parchment paper.

With a knife or kitchen shears, carefully remove the leaves from the thick stems and tear into bite-size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt.

Bake until the edges are brown but are not burnt, 10 to 15 minutes.

Nutrition Facts

Per Serving:

58 calories; protein 2.5g; carbohydrates 7.6g; fat 2.8g; sodium 185.1mg.