

BLUE SKIES EAST DINING SERVICES

Bon Appétit

Sunday, 18 July - Saturday, 31 July

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:** Jack Romines **Secretary:** Leslie McMillion; **Members:** Gerlinde Lindsey, Carol Gates, Carol Hernandez, Bob Lamb, Barbara Whorton-Farley, Mai Horn, Joe Wychunas

Cochran's

Monday-Saturday

Breakfast 8:00-9:00am

Lunch & Dinner 11:30am-6:00pm

TO-GO: 12:15-5:30pm

Friday, 23 July & Saturday, 24 July: Close @ 2pm

Sky Lounge

Thirsty Thursday 4-6pm weekly

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Friday, 23 July & Saturday, 24 July - Table service 5-7pm

To-Go will not be available

Reservations are required

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Sunday Brunch 10:30am-2pm

TO-GO @ the bar counter 10:30-11am & 1-2pm

Anytime menu will not be available

Reservations are required

Reservation Options

Table Agent

Reservation Line: 210-568-5045

E-mail: bstefoodreservations@blueskiestx.org

Delivery

210-568-5173

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

Advance Orders

Advance orders placed by filling out the form, will need to be picked up at **2pm** on Wednesday & Saturday.

Exception: Large case beverage orders will be delivered

REMINDER

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.

Superfood of the month: Berries

19-24 July: **National Grilling Month!**

22 July: **National Refreshment Day!** Try our Agua Fresca

23-24 July: **National French Fries Day!** Enjoy loaded bacon cheese fries from the Sky Lounge dinner menu.

24 July: **National Tequila Day!** \$2.00 Margaritas in Cochran's 11:30am-2:00pm



25 July: **National Wine & Cheese Day!** Sunday Brunch will be offering a fruit & cheese plate along with our house wines

22 & 29 July: **Ice Cream Social in Cochran's!**



31 July: Classic Country by Jack Romines in the Sky Lounge from 4-6pm!
No dinner Service

18 July – 24 July

Special of the Week: Grilled Shrimp & Peaches w/ Pickled Vegetables & Arugula Salad

Sunday, 18 July



Please See Brunch Menu

Monday, 19 July

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

Meatloaf w/ Balsamic Ketchup Glaze
(220Cal) (350Na)

Wild Rice
Mashed Yukon Gold Potatoes
Summer Succotash
Fresh Braised Greens

Cream of Mushroom
(110Cal) (70Na)

Tuesday, 20 July

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

Chicken Cordon Bleu w/ Sauce
(496.9Cal) (1061.7Na)

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

Chicken & Wild Rice Soup
(56.6Cal) (206Na)

Wednesday, 21 July

Chicken Fried Steak
(370Cal) (115Na)

Honey Glazed Ham
(170Cal) (690Na)

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

Baked Potato, Bacon, Cheddar Soup
(380Cal) (507Na)

Thursday, 22 July

Ice Cream Social in Cochran's!

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

Grilled Skirt Steak w/ Chimichurri
(279.7Cal) (178.4Na)

Cilantro Lime Rice
Mashed Potatoes
Sauteed Spinach
Parmesan Tomatoes

Black Bean Soup
(110Cal) (540Na)

Friday, 23 July

Cochran's closes @ 2pm
See Sky Lounge Menu for 5-7pm

General Tso Chicken
(53Cal) (435Na)

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

Vegetable Fried Rice
Seasoned Pinto Beans
Vegetable Stir Fry
Collard Greens

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

Saturday, 24 July
Cochran's closes @ 2pm
See Sky Lounge Menu for 5-7pm

Chicken Piccata
 (230Cal) (380Na)

Texas BBQ Brisket w/ BBQ Sauce
 (413.9Cal) (502Na)

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

Navy Bean Soup
 (97Cal) (912Na)



25 July – 31 July

Special of the Week: Egg Salad w/ Bacon on a Croissant

Sunday, 25 July



In addition to our Sunday Brunch Menu,
 try pairing our Fruit & Cheese plate
 with a house wine

Monday, 26 July

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

Meatloaf w/ Balsamic Ketchup Glaze
 (220Cal) (350Na)

Mashed Yukon Gold Potatoes
 Basmati Blend
 Grilled Vegetables
 Steamed Broccoli

Pepper Cabbage Soup
 (85.6Cal) (127.4Na)

Tuesday, 27 July

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

Chicken Cordon Bleu w/ Sauce
 (496.9Cal) (1061.7Na)

Jasmine Rice
 Mashed Yukon Gold Potatoes
 Grilled Asparagus
 Broccolini

Tomato Florentine Soup
 (48Cal) (57.6Na)

Wednesday, 28 July

Liver & Onions w/ Gravy
 (409.1Cal) (1044.6Na)

Honey Glazed Ham
 (170Cal) (690Na)

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

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

<p>Thursday, 29 July</p> <p>Ice Cream Social in Cochran's!</p>	<p>Friday, 30 July</p>
<p>Lemon Pepper Pork Loin w/ Sauce (166.6Cal) (62.8Na)</p> <p>Grilled Skirt Steak w/ Chimichurri (279.7Cal) (178.4Na)</p> <p>Creamy Polenta Steamed Aztec Blend Garlic Green Beans Fresh Vegetable Medley</p> <p>Ham & Vegetable Soup (74.3Cal) (495.2Na)</p>	<p>Sweet-Hot Barbecue Ribs w/ BBQ Sauce (415.6Cal) (854.4Na)</p> <p>Cajun Pecan Catfish w/ Hushpuppies (317.1Cal) (477.2Na)</p> <p>Jumbo Baked Sweet Potato Mashed Potatoes Green Peas Roasted Carrots</p> <p>Cream of Crab Soup (134.5Cal) (170.6Na)</p>

<p>Saturday, 31 July</p>
<p>Chicken w/ Gravy (251.1Cal) (490.4Na)</p> <p>Texas BBQ Brisket w/ BBQ Sauce (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>