

BLUE SKIES OF TEXAS EAST DINING SERVICES

Bon Appétit

Sunday, 10 October – Saturday, 23 October

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, Carol Gates, Carol Hernandez, Bob Lamb, Barbara Whorton-Farley, Mai Horn, Joe Wychunas

Cochran's

Monday-Thursday

Breakfast 8:00-9:00am

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

Friday & Saturday

Breakfast 8:00-9:00am

Lunch 11:30am-2:00pm

Sunday Closed

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.

Sky Lounge

Thirsty Thursday

4:00-6:00pm

Friday & Saturday

Dinner 5:00-7:00pm

TO-GO 4:30-5:00pm

Reservations are required

Sunday Brunch

10:30am-1:30pm

TO-GO 10:30-11am & 1-1:30pm

Reservations are required

Anytime menu will not be available

Reservation Options

Table Agent

Reservation Line: 210-568-5045

E-mail:

bstefoodreservations@blueskiestx.org

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.

Culinary Events

Superfood for September: Apples

Look out for our Apple driven specials in the Sky Lounge & Cochran's!

Tuesday, 12 October: BA&NC Dinner - Cochran's will close @ 2pm

Thursday, 14 October: In Honor of Jean Knehans' Celebration of Life Reception the Always Available Menu will not be offered and there will not be a dinner service.

Special of the Week: Cochran's Salad w/ Chicken

Available starting Monday, 11 October thru Saturday, 16 October

Sunday, 10 October	Monday, 11 October
 <p style="text-align: center;">Please See Brunch Menu</p>	<p>Pork Loin w/ Gravy (133.4Cal) (414.7Na) Chicken Fried Steak w/ Gravy (480.5Cal) (531.1Na)</p> <p>Baked Potato Mashed Yukon Gold Potatoes Glazed Carrots Fresh Steamed Broccoli Roasted Brussels Sprouts</p> <p>Winter Squash & Root Vegetable Soup (80.1Cal) (316.9Na)</p>
Tuesday, 12 October Cochran's will close at 2pm BA & NC in Sky Lounge	Wednesday, 13 October
<p>Shrimp w/ Tortellini (374.5Cal) (751.5Na)</p> <p>Chicken Cordon Bleu w/ Sauce (496.4Cal) (1198.5.7Na)</p> <p>Red Potatoes Barley Pilaf Steamed Broccoli</p> <p>Beef Vegetable Soup (65.8Cal) (1048.2Na)</p>	<p>Eggplant Parmesan (325.6Cal) (1221.7Na)</p> <p>Chicken Pot Pie (369.6Cal) (396Na)</p> <p>Brown Rice Scalloped Potatoes Roasted Vegetables Cauliflower Gratin</p> <p>Five Bean Soup (116.4Cal) (463.3Na)</p>

Thursday, 14 October

No Always Available Menu
Cochran's will close at 1:30pm

Mexican Chili over Cornbread
(808Cal) (1484.7Na)

Grilled Skirt Steak w/ Chimichurri
(294.8Cal) (257.7Na)

Black Beans w/ Rice
Rosemary Roasted Potatoes
Garlic Green Beans
Cauliflower, Squash, Broccoli & Mushrooms

Navy Bean Soup
(170Cal) (810Na)

Friday, 15 October

Cochran's 11:30am-2pm
See Sky Lounge Menu for 5-7pm

Lemon Pepper Chicken Thigh
(157.6Cal) (91.7Na)

Lightly Dusted Fried Catfish w/
Hushpuppies
(317.1Cal) (477.2Na)

Mexican Pinto Beans
Lemon Rice Pilaf
Fresh Braised Greens
Corn w/ Pimento

New England Clam Chowder w/ Bacon
(134.5Cal) (170.6Na)

Saturday, 16 October

Cochran's 11:30am-2pm
See Sky Lounge Menu for 5-7pm

Smoke Sausage w/ Sauerkraut
(274Cal) (1093.3Na)

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

Garlic Chives Mashed Potatoes
Hot German Potato Salad
Roasted Beets
Fresh Green Beans

Mushroom & Barley Soup
(49Cal) (127.8Na)

Special of the Week: Seafood Salad on Croissant

Available starting Monday, 18 October thru Saturday, 23 October

Sunday, 17 October

Please See Brunch Menu

Monday, 18 October

Chicken Lo Mein
(251.9Cal) (593.7Na)

Chicken Fried Steak w/Gravy
(480.5Cal) (531.1Na)

Loaded BBQ Smashed Potatoes
Brown Rice
Red Peppers & snow Peas
Roasted Eggplant

Carrot & Ginger Soup
(177.8Cal) (184.6Na)

Tuesday, 19 October

Bourbon Barbecue Glazed Salmon
(227.4Cal) (227Na)

Chicken Cordon Bleu w/ Sauce
(496.9Cal) (1198.5Na)

Rice Pilaf w/ Mushrooms
Mashed Potatoes
Fresh Green Beans
Roasted Cauliflower

Five Onion Soup
(56Cal) (214.1Na)

Wednesday, 20 October

Italian Meatloaf
(221.5Cal) (349.1Na)

Chicken Pot Pie
(369.6Cal) (396Na)

Loaded Baked Potato
Lemon Orzo
Sauteed Spinach
Roasted Parsnips

Potato Leek Soup
(79.1Cal) (115.4Na)

Thursday, 21 October

Maple Mustard Pork
(264.4Cal) (294.9Na)

Grilled Skirt Steak w/ Chimichurri
(294.8Cal) (257.7Na)

Parslied Red Potatoes
Garlic Mashed Potatoes
Orange Glazed Carrots
Chili, Squash, Zucchini, Corn

Winter Vegetable Soup
(65.1Cal) (670.5Na)

Friday, 22 October

Cochran's 11:30am-2pm
See Sky Lounge Menu for 5-7pm

Cranberry Orange Turkey
(135.8Cal) (387.6Na)

Lightly Dusted Fried Catfish w/
Hushuppies
(317.1Cal) (477.2Na)

Pinto Beans w/ Jalapeno, Chorizo & Bacon
Cornbread Stuffing
Sautéed Mixed Vegetables
Roasted Butternut Squash

New England Clam Chowder
(145.3Cal) (181Na)

Saturday, 23 October

Cochran's 11:30am-2pm
See Sky Lounge Menu for 5-7pm

Tamales
(343.6Cal) (554.8Na)

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

Refried Beans
Mashed Potatoes
Green Peas
Roasted Mushrooms

Cilantro Corn Chowder
(133.3Cal) (553Na)