

BLUE SKIES OF TEXAS EAST DINING SERVICES

Bon Appétit

Sunday, 16 January – Saturday, 29 January

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:** Carol Gates
Secretary: Leslie McMillion; **Members:** Gerlinde Lindsey, Carol Hernandez, Bob Lamb, Nancy Smith, Suzanne Slater, Nell Montgomery, & Jim Frank

Cochran's

TO-GO Only

Masks are mandatory while waiting.

Monday-Saturday

Breakfast 8:00-9:00am

New Hours: Effective Monday, 17 January

Lunch & Dinner 11:30am-5:00pm

Sunday Brunch

Breakfast 11:00am-1:00pm

Reservation are required.

Reservation Options

Reservations can be made starting 10 days in advance, & end by 2pm the day prior to your reservation.

Table Agent

Reservation Line: 210-568-5045

E-mail: bstefoodreservations@blueskiestx.org

Sky Lounge

Closed until further notice.

Delivery

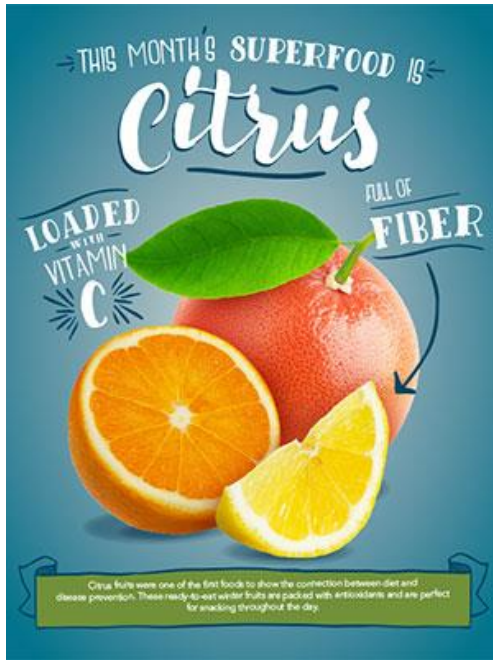
210-568-5173

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.

Culinary Events

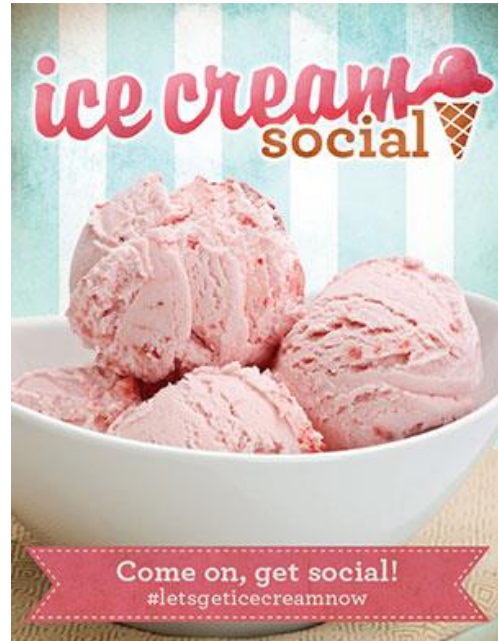
Superfood for January: Citrus

Look out for our Citrus driven Specials this month!



Monday, 17 January

Come get some sweet ice cream
TO-GO from Cochran's!



***SR = Sodium Reduced**

Special of the Week: All Day Texas Waffle w/ Bacon or Sausage \$8
Available starting Monday, 17 January thru Saturday, 22 January

Sunday, 16 January



Please See Brunch Menu

Monday, 17 January Martin Luther King Jr. Day

Soy Marinated Pork Tenderloin
(130.7Cal) (83.3Na)

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

Sour Cream Garlic Mashed Potatoes
Jasmine Rice

Asian Vegetable Stir Fry
Roasted Green Beans w/ Garlic

Southwestern Pork & Bean Soup
(152.5Cal) (679.7Na)

Tuesday, 18 January	Wednesday, 19 January
<p>Tilapia Amandine (260.3Cal) (197Na)</p> <p>Chicken Cordon Bleu w/ Sauce (496.9Cal) (1198.5Na)</p> <p>Wild Rice Medley Garlic Roasted Potatoes Roasted Tomatoes Braised Artichokes</p> <p>Texas Beef Chili (212.2Cal) (226.2Na)</p>	<p>Salisbury Steak w/ Onion Gravy (358.4Cal) (333.5Na)</p> <p>Chicken Pot Pie (369.6Cal) (396Na)</p> <p>Walnut Pesto Mashed Potatoes Baked Potato Maple Roasted Acorn Squash Vegetable Medley</p> <p>Mulligatawny Chicken Soup (267.7Cal) (472.6Na)</p>
Thursday, 20 January	Friday, 21 January
<p>Chicken Marsala (438.4Cal) (417.9Na)</p> <p>Grilled Skirt Steak w/ Chimichurri (294.8Cal) (257.7Na)</p> <p>Roasted Fingerling Potatoes Golden Jewel Harvard Beets Chili, Squash, Zucchini, Corn Soup</p> <p>Beef Masala & Vegetable Soup (158.5Cal) (864.8Na)</p>	<p>Thai Style BBQ Chicken (442.9Cal) (351.3Na)</p> <p>Lightly Dusted Fried Catfish w/ Hushpuppies (244.9Cal) (533.9Na)</p> <p>Baked Beans Sesame Noodles Broccoli Grilled Corn on the Cob</p> <p>New England Clam Chowder w/Bacon (144Cal) (804.3Na)</p>
Saturday, 22 January	
<p>Spaghetti & Meatballs (669.5Cal) (1,873.6Na)</p> <p>Texas BBQ Brisket w/ Sweet-Hot BBQ Sauce (319.3Cal) (244.6Na)</p> <p>Mexican Pinto Beans Chopped Coleslaw Grilled Asparagus Green Peas</p> <p>Wild Rice, Mushroom, & Bacon Soup (415.2Cal) (446.8Na)</p>	

Special of the Week: Beef Fajita Taco Salad w/ Southwest Ranch \$14.50

Available starting Monday, 24 January thru Saturday, 29 January

Sunday, 23 January	Monday, 24 January
 <p>Please See Brunch Menu</p>	Colombian Rotisserie Chicken (323.3Cal) (347Na) Chicken Fried Steak w/ Gravy (480.5Cal) (531.1Na) Grilled Corn Polenta Garlic Chive Mashed Potatoes Lemon Green Beans Roasted Carrots, Cumin & Mint Creamy Potato Parsnip Onion Soup (120.6Cal) (445.1Na)
Tuesday, 25 January	Wednesday, 26 January
Chipotle Orange Pork Tenderloin (241.1Cal) (416.8Na) Chicken Cordon Bleu w/ Sauce (496.9Cal) (1198.5Na) Cilantro Rice Baked Sweet Potato Corn w/ Pimento Glazed Acorn Squash Wedges Chicken & White Bean Soup (173.4Cal) (498.3Na)	Shepherd's Pie (251.7Cal) (168.2Na) Chicken Pot Pie (369.6Cal) (396Na) SR Mashed Potatoes SR Red Potatoes Steamed Broccolini Roasted Cauliflower Carrot Apple Soup (69.7Cal) (148.9Na)
Thursday, 27 January	Friday, 28 January
Jerk Tilapia w/ Tomato & Fennel (188.3Cal) (379.7Na) Grilled Skirt Steak w/ Chimichurri (294.8Cal) (257.7Na) Black Beans & Rice Loaded Baked Potato Sweet Peas & Roasted Mushrooms SR Carrot & Yellow Squash Medley Cream of Root Vegetable Soup (211Cal) (393.1Na)	Grilled Lemon Chicken w/ Thyme (122.4Cal) (178.9Na) Lightly Dusted Fried Catfish w/ Hushuppies (244.9Cal) (533.9Na) White & Wild Rice Sweet Potato Tots Chopped Coleslaw Sauteed Carrot, Eggplant & Green Bean Manhattan Clam Chowder w/ Bacon (120.5Cal) (927.9Na)

Saturday, 29 January

Fried Shrimp
(379.1Cal) (745.9Na)

Texas BBQ Brisket w/ BBQ Sauce
(319.3Cal) (244.6Na)

French Fries
Loaded Potato Salad w/ Bacon
Thyme Roasted Mushrooms & Onions
Roasted Asparagus

Baked Potato, Bacon & Cheddar Soup
(274.9Cal) (616.4Na)