

BLUE SKIES WEST DINING SERVICES
January 2022 BON APPÉTIT



Main Dining Room Hours

Lunch Carryout, Mon - Sat 11:00am – 1:00pm

Dinner Carryout, Mon - Sat 4:00pm – 5:30pm

Sunday Brunch Carryout, 10:30am – 1:00pm

Bistro Hours – Take out only

Breakfast Saturday & Sundays – 7:30am - 12:30pm

Breakfast Mon - Fri, 7:30 - 11am

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

Bistro Specials Available Mon – Fri

Dinner, Sunday Brunch & Holiday Reservations – Currently on hold.

Reservations are required for dine-in dinner, Monday-Saturday, and for dine-in on Sundays. Reservations are also required for Holiday Dine-In. Reservations can be made on

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

If you need assistance, please reach out to Nikki, Caitlin, or Judith at 210-568-3235. Please see page 3 for a step-by-step guide on making your reservation.

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

Teaching Kitchen – January Teaching Kitchen date is **Thursday, Jan 20 at 3pm.** Sign-up sheet is posted in the lunch servery. Note: This event may be postponed.

Current “Normal” BSTW Dining Operations – Carry-Out Only

Reminders:

- 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 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 are taken at the grill line by a server. 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 grill items will be delivered to you.

Grill Lunch Specials Daily (Monday – Saturday)

- Hamburger, grilled on a wheat bun with choice of cheese. Lettuce, tomato and onion on the side, \$8.00
- Impossible Burger, grilled on a wheat bun with choice of cheese. Lettuce, tomato and onion on the side, \$9.00
- 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



BSTW Plated Brunch

Daily Specials

\$11.50 Daily Specials Include 2 Sides and Choice of:
Parfait, Fruit Cup, Waldorf Salad or Garden Salad

**Chefs' Sunday selections can be located in
weekly menus in the Bon Appetit**

Chef Inspired Brunch

Breakfast Specials Include Choice of:
Parfait, Fruit Cup, Waldorf Salad or Garden
Salad

The Iconic Breakfast Platter \$12

2 Eggs Cooked to Order, Breakfast Potatoes, Bacon
or Sausage and Biscuit

Build Your Omelet \$12

Cheddar Cheese Omelet with Your Choice of
Three Toppings: Bacon, Avocado, Spinach, Ham,
Tomato, Mushroom, Onions & Bell Pepper Mix,
Served with Breakfast Potatoes a Choice of Bacon
or Sausage and Biscuit. Additional Toppings \$.25

Mucho Grande \$16

2 Eggs Cooked to Order, Breakfast Potatoes,
Bacon, Sausage, Grilled Ham & Biscuit

Belgian Waffle \$12

Made to Order Topped with Whipped Cream,
Fresh Berries, Powdered Sugar, Choice of Bacon or
Sausage

Barbacoa Tex-Mex Taco Plate \$12

Two Flour Tortilla Tacos. Served with Refried
Beans, Breakfast Potatoes, Cilantro, Onions &
Salsa.

Chicken Fried Steak and Eggs \$16

Hand-Battered Topped with Cream Gravy,
2 Eggs Cooked to Order, Breakfast Potatoes, and
Biscuit

Updated brunch menu!

Sunday service has also changed:

Please enter through the Main Dining Room lunch entrance. Breakfast 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 one of the tables in the waiting area, and items will be delivered to you.

Menu – Sunday, January 2 – Saturday, January 8

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------|-------------------------------|----------------------------|------------------------|--|-------------------------------|-----------------------|---------------------------------|
| Week 4 | 2-Jan | 3-Jan | 4-Jan | 5-Jan | 6-Jan | 7-Jan | 8-Jan |
| Entrée 1 | Roast Beef w/ Gravy | Grilled Skirt Steak | Country Pork Chops | Apple Dijon Pork | Italian Meatloaf | Greek Salmon | Thai Basil Shrimp |
| Entrée 2 | Fried Chicken | Vegetable Lasagna | Fried Seafood Plate | Grilled Rosemary Steak | Turkey Enchiladas Verde | Shepherd's Pie | Turkey Mustard Cutlet |
| Brunch ONLY Entrée 3 | Grilled Trout | / | / | / | / | / | / |
| Vegetable | Green Beans | Mushroom and Leek Sauté | Lemon Dill Coleslaw | Grilled Eggplant | Sautéed Spinach | Steamed Carrots | Roasted Tomato and Fennel |
| Vegetable | Roasted Cauliflower | Parmesan Carrots | Corn w/ Pimento | Sautéed Spinach | Baked Winter Squash | Tuscan Green Beans | Peas and Mushrooms |
| Vegetable | Braised Carrots and Onions | Buttered Corn | Lima Beans | Stewed Squash w/ Tomatoes and Rosemary | Street Corn | Grilled Zucchini | Sautéed Spinach |
| Starch | Rice Pilaf | Mashed Potatoes | French Fries | Roasted Potato | Mashed Potato | Scallion Rice | Mashed Sweet Potato |
| Starch | Buttermilk Mashed Potato | Potato Cakes | Herbed Quinoa | Rice Pilaf | Mexican Rice | Oven Fried Potato | Wild Rice Pilaf w/ Mushrooms |
| Soup | Winter Vegetable | Cream of Cauliflower | Cream of Asparagus | Baked Potato | Wisconsin Cheese Soup | NE Clam Chowder | Pepper Cabbage |

Items Below Only Available at Lunch Time

| | | | | | | | |
|--------------------------------|---|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|
| Lunch Salad/Cold | / | Grilled Shrimp Caprese Salad | Grilled Shrimp Caprese Salad | Grilled Shrimp Caprese Salad | Grilled Shrimp Caprese Salad | Grilled Shrimp Caprese Salad | Grilled Shrimp Caprese Salad |
| Lunch Sandwich | / | Hot Pastrami on Rye | Hot Pastrami on Rye | Hot Pastrami on Rye | Hot Pastrami on Rye | Hot Pastrami on Rye | Hot Pastrami on Rye |
| Lunch Grill Special | / | Baked Potato Bar | Baked Potato Bar | Baked Potato Bar | Baked Potato Bar | Baked Potato Bar | / |

Bistro Special January 3-7

Chicken Salad Wrap

National Food Day:

Jan. 4 – National Spaghetti Day

Menu – Sunday, January 9 – Saturday, January 15

| IL | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------------|--|--------------------------|-----------------------------------|--------------------|--------------------|----------------------|-------------------------|
| Week 1 | 9-Jan | 10-Jan | 11-Jan | 12-Jan | 13-Jan | 14-Jan | 15-Jan |
| Entrée 1 | Prime Rib | Chicken Pot Pie | Stuffed Cabbage | Veal Saltimbocca | Chicken Cacciatore | Beef Stroganoff | Roast Turkey Breast |
| Entrée 2 | Cod New Brunswick (Cheddar and Mushroom) | Eggplant Parmesan | Chicken Bowtie Alfredo | Baked Salmon | Apricot Glazed Ham | Crab Cakes | Meatloaf w/ Brown Gravy |
| Brunch ONLY Entrée 3 | Quiche Lorraine | / | / | / | / | / | / |
| Vegetable | Roasted Root Vegetables | Corn on the Cob | Steamed Broccoli | Cauliflower Gratin | Ratatouille | Braised Greens | Roasted Beets |
| Vegetable | Acorn Squash | Steamed Carrots | Sauteed Zucchini and Bell Peppers | Roasted Vegetable | Veg Medley | Roasted Tomatoes | Cole Slaw |
| Vegetable | Sautéed Spinach w/ Tomato | Roasted Brussels Sprouts | Steamed Asparagus | Roasted Mushrooms | Peas w/ Fennel | Green Beans w/ Bacon | Glazed Carrots |
| Starch | Mashed Potatoes | Buttered Orzo | Parslied Potatoes | Scallop Potato | Creamy Polenta | Buttered Noodles | Cornbread Dressing |
| Starch | Wild Rice Pilaf | Smashed Potato | Barley Pilaf | Brown Rice | Rosemary Potatoes | Lemon Rice Pilaf | German Potato Salad |
| Soup | Navy Bean | Winter Squash Soup | Veggie Beef | Five Bean | Onion and Mushroom | Fish Chowder | Mushroom and Barley |

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 | Tuna Poke Power Bowl | Tuna Poke Power Bowl | Tuna Poke Power Bowl |
| Lunch Sandwich | / | Tuna Salad Melt | Tuna Salad Melt | Tuna Salad Melt | Tuna Salad Melt | Tuna Salad Melt | Tuna Salad Melt |
| Lunch Grill Special | / | Smoked Pork Loaded Nachos | Smoked Pork Loaded Nachos | Smoked Pork Loaded Nachos | Smoked Pork Loaded Nachos | Smoked Pork Loaded Nachos | / |

Bistro Special January 10-14
Pork Eggrolls with Sweet & Sour Sauce

Menu – Sunday, January 16 – Saturday, January 22

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------------|-----------------------------|--------------------------------|-------------------------|-----------------------------|--------------------------|--|-------------------------------------|
| Week 2 | 16-Jan | 17-Jan | 18-Jan | 19-Jan | 20-Jan | 21-Jan | 22-Jan |
| Entrée 1 | Chopped Sirloin Onion Gravy | Braised Asian Pork | BBQ Glazed Salmon | Grilled Skirt Steak | Maple Mustard Pork Loin | Fried Catfish | Manicotti with Shrimp Alfredo Sauce |
| Entrée 2 | Salmon with Dill Sauce | Sweet and Sour Tempura Chicken | Country Pork Chops | Chicken Française | Brown Ale Chicken Thighs | Chicken and Sausage Jambalaya | Chicken Parmesan |
| Brunch ONLY Entrée 3 | Beef Lasagna | | | | | | |
| Vegetable | Creamed Spinach | Red Pepper and Snow Peas | Tricolor Pepper Sauté | Sautéed Spinach w/ Shallots | Orange Glazed Carrots | Roasted Butternut Squash | Italian Cut Green Beans |
| Vegetable | Roasted Zucchini | Hoisin Eggplant | Green Beans | Sautéed Chard | Braised Leeks | Artichoke and Kale Casserole | Zucchini & Tomatoes |
| Vegetable | Steamed Carrots | Glazed Carrots and Parsnip | Roasted Cauliflower | Stir Fry Vegetable | Roasted Vegetables | Garlic Green Beans w/ Blistered Tomato | Grilled Eggplant |
| Starch | Baked Potato Half | Brown Rice | Mashed Potato | Sweet Potato | Parslied Red Potato | Chefs Choice Pasta | Penne Pasta |
| Starch | Smoked Gouda Mac and Cheese | Egg Noodle | Rice Pilaf w/ Mushrooms | Herb Roasted Potatoes | Mashed Potato | Scalloped Potato | Creamy Polenta |
| Soup | Italian Wedding Soup | Carrot and Ginger | Five Onion | Potato Leek | Winter Vegetable Soup | NE Clam Chowder | Creamy Wild Mushroom Soup |

Items Below Only Available at Lunch Time

| | | | | | | | |
|----------------------------|--|------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|
| Lunch Salad/Cold | | Chicken & Tuna Salad Duo | Chicken & Tuna Salad Duo | Chicken & Tuna Salad Duo | Chicken & Tuna Salad Duo | Chicken & Tuna Salad Duo | Chicken & Tuna Salad Duo |
| Lunch Sandwich | | Bacon Cheddar Grilled Cheese | Bacon Cheddar Grilled Cheese | Bacon Cheddar Grilled Cheese | Bacon Cheddar Grilled Cheese | Bacon Cheddar Grilled Cheese | Bacon Cheddar Grilled Cheese |
| Lunch Grill Special | | Breakfast for Lunch | Breakfast for Lunch | Breakfast for Lunch | Chicken Parmesan Sandwich | Chicken Parmesan Sandwich | |

Bistro Special January 17-21

Mushroom & Swiss Burger

National Food Day:

Jan. 20 – National Cheese Lovers Day

6 BST West Bon Appétit

Menu – Sunday, January 23 – Saturday, January 29

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------------|-----------------------------|-------------------------------|-----------------------|---------------------------|-------------------------------|------------------------------|-------------------------------|
| Week 3 | 23-Jan | 24-Jan | 25-Jan | 26-Jan | 27-Jan | 28-Jan | 29-Jan |
| Entrée 1 | Roasted Turkey | Garlic Herb Pork Loin | Meatballs w/ Marinara | Honey Glazed Ham | Grilled Flat Iron Steak | Stuffed Pork Chop | Tomato Braised Chicken Thighs |
| Entrée 2 | Stuffed Bell Peppers | Mushroom Lasagna | Fish and Chips | BBQ Chicken Quarters | Smoked Sausage w/ Sauerkraut | Eggplant Parmesan | Chicken Cordon Bleu |
| Brunch ONLY Entrée 3 | Shrimp Scampi | / | / | / | / | / | / |
| Vegetable | Carrots & Cauliflower | Stir Fry Veggies | Garlic Spinach | Country Style Green Beans | Garlic Broccoli & Cauliflower | Peas and Pearl Onions | Roasted Zucchini |
| Vegetable | Charred Brussel Sprouts | Green Beans and Cherry Tomato | Corn w/ Pimento | Braised Greens | Roasted Tomatoes | Creamy Spinach | Harvard Beets |
| Vegetable | Lemon Herb Broccoli | Garlic Herb Broccoli | Steamed Broccoli | Vegetable Medley | Oven Roasted Carrots | Roasted Vegetables w/ Herbs | Oven Roasted Carrots |
| Starch | Whipped Yukon Gold Potatoes | Brown Rice | Chef's Choice Pasta | Pinto Beans | Chef Choice Bean | Farro Risotto | Couscous |
| Starch | Tomato Risotto | Tuscan White Beans | Tater Tots | Potato Casserole | Baked Sweet Potato | Cheddar Bread Pudding | Buttermilk Potato Salad |
| Soup | Butternut Squash & Apple | Cream of Celery | Pasta Fagioli | Cuban Black Bean | Sweet Potato Bisque | Manhattan Clam Chowder (red) | Cream of Broccoli |

Items Below Only Available at Lunch Time

| | | | | | | | |
|----------------------------|---|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|
| Lunch Salad/Cold | / | Chinese Chicken Chopped Salad | Chinese Chicken Chopped Salad | Chinese Chicken Chopped Salad | Chinese Chicken Chopped Salad | Chinese Chicken Chopped Salad | Chinese Chicken Chopped Salad |
| Lunch Sandwich | / | Crispy Chicken Bacon Club | Crispy Chicken Bacon Club | Crispy Chicken Bacon Club | Crispy Chicken Bacon Club | Crispy Chicken Bacon Club | Crispy Chicken Bacon Club |
| Lunch Grill Special | / | Barbacoa Beef Taco Bar | Barbacoa Beef Taco Bar | Barbacoa Beef Taco Bar | Barbacoa Beef Taco Bar | Barbacoa Beef Taco Bar | / |

Bistro Special January 24-28

Chili Cheese Dogs

National Food Days:

Jan. 23 - National Pie Day

Jan. 27 - National Chocolate Cake Day

Menu – Sunday, January 30 – Saturday, January 31

| Week 4 | 30-Jan | 31-Jan |
|---------------------------------|-------------------------------|----------------------------|
| Entrée 1 | Roast Beef w/ Gravy | Grilled Skirt Steak |
| Entrée 2 | Fried Chicken | Vegetable Lasagna |
| Brunch ONLY Entrée 3 | Grilled Trout | / |
| Vegetable | Green Beans | Mushroom and Leek Sauté |
| Vegetable | Roasted Cauliflower | Parmesan Carrots |
| Vegetable | Braised Carrots and Onions | Buttered Corn |
| Starch | Rice Pilaf | Mashed Potatoes |
| Starch | Buttermilk Mashed Potato | Potato Cakes |
| Soup | Winter Vegetable | Cream of Cauliflower |

Items Below Only Available at Lunch Time

| | | |
|----------------------------|---|---|
| Lunch Salad/Cold | / | Grilled Shrimp Caprese Salad |
| Lunch Sandwich | / | Hot Pastrami on Rye |
| Lunch Grill Special | / | Seasoned Ground Beef or Pork Verde Taco Salad |

Bistro Special January 31 – February 4

Chicken Salad Wrap

National Food Day:

Jan. 31 – National Hot Chocolate Day

SUPERFOOD OF THE MONTH

By Lisa Bombela-Comuzzie, Clinical Nutrition Manager

Super Food of the Month: Citrus

Succulent Citrus

Citrus fruit such as oranges, mandarins, and grapefruit not only taste great, but also have many nutrients which protect our bodies and keep us healthy.

A complementary blend of Vitamin C, potassium, fiber, phosphorus, and B vitamins helps to boost your immune system and shorten your cold's duration; help with wound healing; support cartilage, joints and muscles; maintain bones, skin, and teeth; and keep you regular and delay aging while protecting against heart disease and some cancers.

One medium orange provides:

61.6 calories

0.16 g of fat

237 milligrams of potassium

15.4 g of carbohydrate

12.2 g of sugar

1.23 g of protein

| <i>Nutrient</i> | <i>Percentage of daily requirement for adults</i> |
|-----------------|---|
| Vitamin C | 92.93% for females and 77.44% for males |
| Thiamin | 10.36% |
| Folate | 9.83% |
| Fiber | At least 9.34%, depending on age and sex |
| Calcium | Between 4.36% and 5.24%, depending on age |
| Potassium | 5.04% |

Citrus fruits grow on flowering trees and shrubs. They are characterized by a leathery rind and white pith that encases juicy segments.

They're native to Australia, New Guinea, New Caledonia and possibly Southeast Asia.

Nowadays, they are cultivated in tropical and subtropical climates all over the world. Major production hubs include Spain, Brazil, China, the US, Mexico and India.

Interestingly, nearly a third of all citrus fruits are used to make juice.

You can find all kinds of citrus fruits year-round. The peak season for oranges and grapefruits in the Northern Hemisphere is between mid-December and April.

Here are some popular varieties of citrus fruits:

Sweet oranges: Valencia, navel, blood orange, cara-cara, Jaffa, Seville

Mandarins: Satsuma, clementine, tangor, tangelo

Limes: Persian, key lime, kaffir

Grapefruit: White, ruby red, oroblanco

Lemons: Eureka, Meyer

Other citrus fruits: Citron, sudachi, yuzu, pomelos

Citrus Cilantro Salsa

Salsa gets a kick thanks to the addition of red grapefruit, navel oranges, and pomegranate arils. Cilantro, paired with the tart fruit, creates an explosive flavor that's equally good as a dip or an accent. Lime juice, red onion and chopped jalapeño bring everything together beautifully.

Ingredients:

2 navel oranges, peeled and sectioned

1 red grapefruit, peeled and sectioned

1 lime, peeled and sectioned

⅓ cup pomegranate arils

¼ cup finely chopped red onion

2 tablespoons chopped fresh cilantro

¼ teaspoon kosher salt

1 finely chopped seeded jalapeño

Peel and section navel oranges and red grapefruit; coarsely chop sections. Peel and section lime; finely chop sections. Place citrus in a medium bowl. Add pomegranate arils, finely chopped red onion, chopped fresh cilantro, kosher salt, and finely chopped seeded jalapeño; toss gently to combine.

Nutrition Facts:

Per Serving: 79 calories; protein 1g; carbohydrates 20g; fiber 4g; sugars 9g; sodium 122mg.

