

# BLUE SKIES OF TEXAS EAST DINING SERVICES

## Bon Appétit

Sunday, 25 September – Saturday, 8 October

**Dining Services General Manager:** JMack

**Executive Chef:** Jennifer Dejarlais

**Sous Chef:** Frank Chullino

**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

#### 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

Sky Lounge Bar 4:00-5:00pm

*Cocktails will be available at your table.*

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

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](mailto:bstefoodreservations@blueskiestx.org)

## REMINDER

Guests will only be permitted to dine in Cochran's Bistro & Sky Lounge with a VIP band.

Please have your guest(s) visit the front desk with their original vaccination card prior to dining.

## Culinary Events

### **Superfood for September: Mushrooms**

Look out for all specials this month!

### **Every Sunday in September:**

Crepe Expectations will replace the Chef's Sunday Omelet!

**Sunday, 25 September: National Lobster Day**  
*Enjoy one of our famous lobster rolls!*

**Sunday, 2 October: National Fried Scallop Day**  
*Check out our Chef's Special!*

**Tuesday, 4 October: National Cinnamon Day**  
*Satiate your sweet tooth at Cochran's with a cinnamon roll!*

**Tuesday, 4 October: National Night Out**  
Cochran's closes at 2:00pm  
*Join us at Heritage Park from 5:30-7:00pm for hotdogs & fun!*

**Thursday, 6 October: German American Day**  
*Try one of our German themed daily specials!*

## Cochran's Substitutions

### **Daily Specials & Entrees (2 sides included)**


Substitution of **ONE** side:  
Side Salad or Soup - \$1.50  
Fruit - \$2

Substitution of **BOTH** sides: **NO CHARGE**

### **Between the Bread (1 side included)**

Side Salad or Soup - \$1.50  
Fruit - \$2

**Special of the Week: Roasted Pumpkin Salad w/ Feta**  
*Available starting Monday, 26 September thru Saturday, 1 October*

<b>Sunday, 25 September</b>	<b>Monday, 26 September</b>
 <p align="center">Please See Brunch Menu</p>	<p>Italian Herb Pork Tenderloin (167.6Cal) (63.1Na)</p> <p>Salisbury Steak w/ Onion Gravy (358.4Cal) (333.5Na)</p> <p><b>Smashed Potato w/ Leeks</b> (103.1Cal) (13Na)</p> <p><b>Rice Pilaf w/ Basil</b> (103.7Cal) (77.6Na)</p> <p><b>SR Fresh Steamed Carrots</b> (37.4Cal) (62.6Na)</p> <p><b>Steamed Broccolini</b> (27.7Cal) (26.9Na)</p> <p>Chicken Noodle Soup (97.2Cal) (105.1Na)</p>

<b>Tuesday, 27 September</b>	<b>Wednesday, 28 September</b>
<p>Smoked Sausage (350.4Cal) (937.8Na)</p> <p>Chicken Cacciatore (257.2Cal) (633.5Na)</p> <p><b>Spaghetti</b> (111.3Cal) (3.08Na)</p> <p><b>Garlic Orzo</b> (103.7Cal) (77.6Na)</p> <p><b>Green Peas</b> (23.5Cal) (22.8Na)</p> <p><b>SR Seasoned Braised Cabbage</b> (58.2Cal) (34.3Na)</p> <p>Beef Vegetable Soup (65.8Cal) (1048.2Na)</p>	<p>Tilapia w/ Cherry Tomatoes (129.3Cal) (133.9Na)</p> <p>Fried Chicken (558.2Cal) (837.2Na)</p> <p><b>Brown Rice</b> (159.4Cal) (5.2Na)</p> <p><b>Scalloped Potatoes</b> (198.4Cal) (354.9Na)</p> <p><b>Roasted Vegetables</b> (52.7Cal) (96.5Na)</p> <p><b>Cauliflower Au Gratin</b> (80.8Cal) (1659.6Na)</p> <p>Five Bean Soup (116.4Cal) (463.3Na)</p>

**Thursday, 29 September**

Texas Chili  
(399.5Cal) (809.4Na)  
Cornbread  
(235Cal) (381.3Na)

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

**Black Beans w/ Rice**  
(271.2Cal) (78.6Na)

**Rosemary Roasted Potatoes**  
(107Cal) (105.6Na)

**Grilled Corn on the Cob**  
(58.2Cal) (0.6Na)

**Carrots, Squash, Broccoli, & Mushrooms**  
(43Cal) (137.7Na)

**SR** Onion & Mushroom Soup  
(99.2Cal) (99.5Na)

**Friday, 30 September**

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

Fried Fish w/ Hushpuppies  
(244.9Cal) (533.9Na)

**Sour Cream & Chive Mashed Potatoes**  
(66.5Cal) (111.2Na)

**Lemon Rice Pilaf**  
(120.2Cal) (33.8Na)

**Fresh Braised Greens**  
(27.4Cal) (218.6Na)

**Green Beans w/ Almonds**  
(242Cal) (31.6Na)

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

**Saturday, 1 October**

Balsamic Braised Pork  
(207.3Cal) (260.4Na)

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

**Garlic Chive Mashed Potatoes**  
(199.1Cal) (102.1Na)

**Herb Roasted Potatoes w/ Onions**  
(108Cal) (99.8Na)

**Steamed Broccoli**  
(60.9Cal) (74.1Na)

**Roasted Zucchini**  
(34Cal) (44.1Na)

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

Special of the Week: Roasted Pumpkin Hummus Cup w/ Carrots

Available starting Monday, 3 October thru Saturday, 8 October

Sunday, 2 October



Please See Brunch Menu

Monday, 3 October

Spicy Peanut Grilled Chicken  
(156.4Cal) (293.9Na)

Salisbury Steak w/ Onion Gravy  
(358.4Cal) (333.5Na)

**Loaded BBQ Smashed Potatoes**  
(164.5Cal) (123.6Na)

**Steamed Rice**  
(149.6Cal) (3.8Na)

**Roasted Yellow Squash**  
(38.3Cal) (2Na)

**SR Sauteed Bok Choy**  
(12.9Cal) (79.9Na)

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

Tuesday, 4 October

St. Louis BBQ Pork Ribs  
(1,194.3Cal) (1,979.3Na)

Chicken Cacciatore  
(257.2Cal) (633.5Na)

**Rice Pilaf w/ Mushrooms**  
(125.4Cal) (3.2Na)

**Spaghetti**  
(111.3Cal) (3.08Na)

**Fresh Green Beans**  
(36.3Cal) (30.2Na)

**Roasted Cauliflower**  
(107.4Cal) (254.1Na)

Tomato Herb Broth  
(30.3Cal) (273.4Na)

Wednesday, 5 October

Meatloaf w/ Brown Gravy  
(331Cal) (844Na)

Fried Chicken  
(558.2Cal) (837.2Na)

**Loaded Baked Potato**  
(282.2Cal) (112.5Na)

**Lemon Orzo**  
(233.8Cal) (206.5Na)

**Sauteed Spinach**  
(51.5Cal) (232.8Na)

**SR Roasted Parsnips**  
(74.3Cal) (7.8Na)

**SR Potato Leek Soup**  
(79.1Cal) (115.4Na)

**Thursday, 6 October**

Grilled Bratwurst w/ Cheddar Ale Sauce  
(664.8Cal) (1310.5Na)

Beef Schnitzel Stew  
(661.4Cal) (1062.1Na)

**Warm German Bacon Potato Salad**  
(110.3Cal) (317.2Na)

**Steamed Brown Rice**  
(108.6Cal) (3.8Na)

**German Braised Red Cabbage**  
(202.8Cal) (292.4Na)

**Green Beans w/ Peppers**  
(67.1Cal) (124Na)

Beer & Cheddar Soup  
(352.6Cal) (462.4Na)

**Friday, 7 October**

Roasted Turkey Breast  
(97.4Cal) (178.2Na)

Fried Fish w/ Hushpuppies  
(244.9Cal) (533.9Na)

**SR Almond Orzo Pilaf**  
(146.4Cal) (3.3Na)

**Traditional Cornbread Stuffing**  
(179.1Cal) (833.8Na)

**Sautéed Mixed Vegetables**  
(33.5Cal) (116.8Na)

**Okra & Tomatoes**  
(48.3Cal) (89.8Na)

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

**Saturday, 8 October**

Swiss Steak w/ Tomatoes  
(219.5Cal) (291Na)

Texas Brisket w/ Sweet-Hot BBQ Sauce  
(321.3Cal) (244.6Na)

**Refried Beans**  
(137.9Cal) (458.3Na)

**Mashed Potatoes**  
(149.2Cal) (291.2Na)

**Green Peas**  
(112.5Cal) (81.6Na)

**Zucchini & Tomatoes**  
(32Cal) (102.6Na)

Pepper Pot Soup  
(110.4Cal) (495.3Na)

**SR = Sodium Reduced**