

BLUE SKIES OF TEXAS EAST DINING SERVICES

Bon Appétit

Sunday, 20 November – Saturday, 3 December

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: Carol Hernandez

Vice Chair: Leslie McMillion **Secretary:** Ron Jones; **Members:** Jim Frank, Gerlinde Lindsey, Nell Montgomery, Dawn Neumann, Betty Petranoff, Suzanne Slater, & Nancy Smith



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.

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

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 November: **Winter Squash**

Look out for all specials this month!



Thursday, 24 November: Happy Thanksgiving!

Cochran's 8:00-9:00am - BREAKFAST TACOS ONLY

COCHRAN'S WILL BE CLOSED THE REST OF THE DAY.

**THANKSGIVING MEAL WILL BE SERVED IN THE SKY LOUNGE
BY RESERVATION ONLY.**

Thanksgiving sandwiches: Front desk pick up 2:00-4:00pm

Friday, 25 November: BST Holiday

COCHRAN'S

Breakfast - 8:00-9:00am

Lunch - 11:30am-2:00pm

CLOSED FOR DINNER

Friday, 25 November: National Parfait Day

Enjoy a serving of yogurt with winter fruit!

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: Glazed Acorn Squash Wedges
Available starting Monday, 21 November thru Saturday, 26 November

Sunday, 20 November	Monday, 21 November
 <p align="center">Please See Brunch Menu</p>	<p align="center">Salisbury Steak w/ Onion Gravy (358.4Cal) (333.5Na)</p> <p align="center">Skin-On Mashed Potatoes (148.8Cal) (80.7Na)</p> <p align="center">Wild Rice (163.1Cal) (48.8Na)</p> <p align="center">Fresh Steamed Broccoli (35Cal) (36.2Na)</p> <p align="center">Carrots & Cauliflower (36.6Cal) (139.5Na)</p> <p align="center">Tomato Florentine (178.9Cal) (642.5Na)</p>
Tuesday, 22 November	Wednesday, 23 November
<p align="center">Chicken Cacciatore (257.2Cal) (633.5Na)</p> <p align="center">Fingerling Potatoes (100.3Cal) (158.7Na)</p> <p align="center">Spaghetti (111.3Cal) (3.08Na)</p> <p align="center">Sauteed Zucchini (42Cal) (117.5Na)</p> <p align="center">Ratatouille (41.8Cal) (98.9Na)</p> <p align="center">Broccoli Cheese Soup (138.3Cal) (695Na)</p>	<p align="center">Pork Carnitas (158Cal) (312.2Na)</p> <p align="center">Baked Sweet Potato (135.9Cal) (54.4Na)</p> <p align="center">Garlic Roasted Potatoes (118.6Cal) (122.8Na)</p> <p align="center">Country Style Green Beans (52.7Cal) (181.1Na)</p> <p align="center">Braised Collard Greens (25.7Cal) (80.7Na)</p> <p align="center">Loaded Baked Potato Soup (274.9Cal) (616.4Na)</p>

Thursday, 24 November

Friday, 25 November

Happy Thanksgiving



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

Cilantro Lime Rice
(56.4Cal) (40.5Na)

Sweet Potato Fries
(320.2Cal) (380.2Na)

Green Peas
(112.5Cal) (81.6Na)

Garlic Roasted Broccoli & Cauliflower
(67.7Cal) (80.7Na)

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

Saturday, 26 November

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

Brown & Wild Rice Pilaf
(163.1Cal) (48.8Na)

Herb Buttermilk Potato Salad
(98.6Cal) (63.5Na)

Seasoned Green Beans
(39.5Cal) (30Na)

Corn w/ Pimento
(83.7Cal) (6.9Na)

Chicken Noodle Soup
(73.4Cal) (106.9Na)

Special of the Week: Whole Grain Blend w/ Cranberries, Squash, & Pecans
Available starting Monday, 28 November thru Saturday, 3 December

Sunday, 27 November	Monday, 28 November
 <p>Please See Brunch Menu</p>	<p>Salisbury Steak w/ Onion Gravy (358.4Cal) (333.5Na)</p> <p>Lemon Rice Pilaf (120.2Cal) (33.8Na)</p> <p>Grilled Corn Polenta (80.4Cal) (96.4Na)</p> <p>Parmesan Roasted Carrots (86.7Cal) (110.6Na)</p> <p>Sauteed Mushrooms & Leeks (20.5Cal) (1.4Na)</p> <p>Beef & Barley Soup (118.2Cal) (464.7Na)</p>
Tuesday, 29 November	Wednesday, 30 November
<p>Pot Roast w/ Roasted Vegetables (416.7Cal) (480.3Na)</p> <p>Wild Rice (163.1Cal) (48.8Na)</p> <p>Garlic Mashed Potatoes (64.5Cal) (123.5Na)</p> <p>Baby Lima Beans (85.2Cal) (114Na)</p> <p>Carrots, Celery, & Potatoes (98.2Cal) (260.6Na)</p> <p>SR Lentil & Spinach Soup (112.9Cal) (124.4Na)</p>	<p>Chicken Marsala (276.6Cal) (436.9Na)</p> <p>Rosemary Roasted Potatoes (107Cal) (105.6Na)</p> <p>Basmati Rice (108Cal) (77.6Na)</p> <p>Seasoned Spinach (47.1Cal) (105.9Na)</p> <p>Coleslaw (65Cal) (348.1Na)</p> <p>SR Baked Potato Soup (132.8Cal) (114.1Na)</p>

Thursday, 1 December

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

Mashed Potatoes
(149.2Cal) (291.2Na)

Jasmine Rice
(119.3Cal) (133.1Na)

Roasted Broccolini
(48.4Cal) (81.9Na)

SR Seasoned Peas & Pearl Onions
(94.6Cal) (89.6Na)

Pasta Fagioli
(121.9Cal) (223.9Na)

Friday, 2 December

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

SR Egg Noodles
(128.3Cal) (19.1Na)

Creamy Mashed Potatoes
(212.9Cal) (260.3Na)

Roasted Vegetables
(12.9Cal) (18.4Na)

Charred Brussels Sprouts
(42.8Cal) (53.5Na)

SR Manhattan-Style Clam Chowder
(94.7Cal) (134.7Na)

Saturday, 3 December

Bourbon BBQ Pulled Chicken
(349.5Cal) (534.4Na)

Mashed Sweet Potatoes
(142.8Cal) (66.2Na)

SR Seasoned Oven Fried Potatoes
(65.6Cal) (26.6Na)

Roasted Zucchini
(34Cal) (44.1Na)

Spinach w/ Mushrooms
(70.1Cal) (90.3Na)

Beef Orzo Soup
(97.8Cal) (601.7Na)

SR = Sodium Reduced