

BLUE SKIES OF TEXAS EAST DINING SERVICES

Bon Appétit

Sunday, 26 February – Saturday, 25 March

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

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

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

Monday, 27 February: National Strawberry Day

Come by Cochran's for our King Cheesecake Special.



Superfood of March: Legumes

Plant Power! Legumes are so nutrient packed, they play double duty as both a plant protein & a vegetable full of fiber. Look out for specials during the month.

Monday, 6 March: National Oreo Cookie Day

Try our Cochran's Milkshake!

Thursday, 9 March: National Crabmeat Day

See Cochran's special promotional flyer.

Sunday, 12 March: National Oatmeal Nut Waffle Day & Also National Scallop Day

Reserve a spot for our Sky Lounge brunch special waffle or scallop entree.

Friday, 17 March: Happy St. Patrick's Day



Saturday, 18 March: National Oatmeal Cookie Day

Cochran's will have baked cookies for sale!

Always Available Sides

Coleslaw (153 Cal)(328 Na)(11 Carb), Mashed Potatoes (111 Cal)(183 Na)(18 Carb), Fries (108 Cal)(470 Na)(24 Carb), Onion rings (261 Cal)(395 Na)(31 Carb), Drink (Coffee, Tea, Iced Tea, Soda). Side Fruit, Salad, or Soup can be substituted for 2 sides or an \$1.50 upcharge.

 Indicates Spicy

BSTE Bon Appetite Menu Sunday, February 26 - Saturday, March 4

Monday - Saturday Weekly Special: Three Bean Salad

	Monday 27 February	Tuesday 28 February	Wednesday 1 March	Thursday 2 March	Friday 3 March	Saturday 4 March
Soup	Hot & Sour 🔥 (90Cal)(348Na)(15Carb)	Beef Vegetable (66Cal)(1048Na)(7Carb)	Five Bean (116Cal)(463Na)(21Carb)	Broccoli Cheese (86Cal)(188Na)(11Carb)	New England Clam Chowder (265Cal)(1224Na)(17Carb)	Mushroom & Barley (53Cal)(127Na)(9Carb)
Entrée 1	Latin Spiced Pork Tenderloin W/ Au Jus 🔥 (130Cal)(271Na)(1Carb)	Taco Salad (553Cal)(723Na)(29Carb)	Beef Stroganoff (374Cal)(137Na)(11Carb)	Chicken Cordon Bleu With Hollandaise Sauce (401Cal)(574Na)(11Carb)	Apple Dijon Pork W/ Apple Chutney (245Cal)(213Na)(5Carb)	Chicken Marsala (439Cal)(418Na)(11Carb)
Entrée 2	Chicken Pot Pie (328Cal)(370Na)(26Carb)	Chicken Florentine (145Cal)(216Na)(3Carb)	Pecan Crusted Tilapia (356Cal)(230Na)(34Carb)	Beef & Broccoli Stir Fry (708Cal)(1123Na)(37Carb)	Baja Style Fish Tacos W/ Cilantro Jalapeno Sour Cream Sauce (317Cal)(488Na)(25Carb)	Shrimp Provencal (81Cal)(543Na)(6Carb)
Starch	Red Potatoes (109Cal)(116Na)(22Carb)	Spanish Rice (101Cal)(74Na)(18Carb)	Buttered Egg Noodles (146Cal)(124Na)(25Carb)	Herbed Noodles (164Cal)(1Na)(24Carb)	Sweet Potatoes & Apples (147Cal)(341Na)(26Carb)	Spaghetti (117Cal)(93Na)(22Carb)
Starch	Lemon Rice Pilaf (120Cal)(39Na)(24Carb)	Seasoned Pinto Beans (129Cal)(66Na)(22Carb)	Saffron Rice (132Cal)(214Na)(24Carb)	Vegetable Fried Rice (142Cal)(105Na)(19Carb)	Brown Rice (113Cal)(4Na)(24Carb)	New Potatoes (115Cal)(5Na)(18Carb)
Vegetable	Yellow Squash W/ Red Peppers (53Cal)(38Na)(4Carb)	SR Steamed Broccoli (24Cal)(23Na)(5Carb)	Ginger Snow Peas & Carrots (43Cal)(146Na)(6Carb)	Braised Cabbage (58Cal)(38Na)(9Carb)	Braised Greens W/ Lemon (45Cal)(150Na)(5Carb)	Roasted Beets (46Cal)(83Na)(6Carb)
Vegetable	Roasted Brussels Sprouts (43Cal)(140Na)(6Carb)	Maple Roasted Butternut Squash (91Cal)(98Na)(23Carb)	Cauliflower Au Gratin (81Cal)(146Na)(5Carb)	Carrots, Squash, Broccoli, & Mushrooms (49Cal)(121Na)(7Carb)	Corn W/ Pimento (83Cal)(7Na)(18Carb)	Green Beans & Pimentos (50Cal)(136Na)(6Carb)

BSTE Bon Appetite Menu Sunday, March 5 - Saturday, March 11

Monday - Saturday Weekly Special: Strawberry, Mango, & Avocado Salad w/ Almonds

	Monday 6 March	Tuesday 7 March	Wednesday 8 March	Thursday 9 March	Friday 10 March	Saturday 11 March
Soup	Baked Potato (160Cal)(486Na)(26Carb)	Classic Chicken Noodle (290Cal)(225Na)(43Carb)	Butternut Squash Apple (73Cal)(491Na)(17Carb)	Beef Barley (105Cal)(635Na)(5Carb)	New England Clam Chowder (265Cal)(1224Na)(17Carb)	Pasta Fagioli (122Cal)(224Na)(21Carb)
Entrée 1	Asian Braised Beef Tips W/ Ginger Soy Sauce (254Cal)(416Na)(13Car)	Oven Fried Chicken Breast (199Cal)(319Na)(5Carb)	Apricot Glazed Salmon (239Cal)(302Na)(27Carb)	Maple Glazed Pork (334Cal)(577Na)(19Carb)	Sesame Chicken (201Cal)(576Na)(8Carb)	Barbecue Baby Back Ribs (751Cal)(3084Na)(63Carb)
Entrée 2	Shrimp W/ Garlic Sauce (150Cal)(620Na)(2Carb)	Meatloaf W/ Brown Gravy (264Cal)(366Na)(11Carb)	Chicken Picatta (266Cal)(717Na)(17Carb)	Jamaican Jerk Chicken Thigh (216Cal)(94Na)(5Carb)	Crunchy Baked Cod (195Cal)(134Na)(5Carb)	Thai Style BBQ Chicken  (443Cal)(351Na)(5Carb)
Starch	Steamed Rice (106Cal)(2Na)(23Carb)	Rice Pilaf W/ Mushrooms (125Cal)(3Na)(25Carb)	Buttered Bowtie Pasta (121Cal)(125Na)(21Carb)	Cinnamon Sweet Potatoes (125Cal)(163Na)(25Carb)	Brown Fried Rice (188Cal)(142Na)(33Carb)	Baked Beans W/ Onions & Brown Sugar (123Cal)(449Na)(25Carb)
Starch	Buttered Grits (93Cal)(134Na)(15Carb)	Garlic Roasted Potatoes (119Cal)(123Na)(18Carb)	Brown Rice (109Cal)(4Na)(23Carb)	Onion Couscous (117Cal)(6Na)(22Carb)	Asian Rice (137Cal)(122Na)(21Carb)	Creamy Macaroni & Cheese (445Cal)(522Na)(38Carb)
Vegetable	Mexican Street Corn (163Cal)(272Na)(18Carb)	Red Pepper & Snow Peas (43Cal)(5Na)(8Carb)	Sauteed Spinach (52Cal)(233Na)(4Carb)	Dill Carrots (48Cal)(85Na)(8Carb)	Old Bay Roasted Potatoes (103Cal)(73Na)(19Carb)	Roasted Green Beans W/ Garlic (48Cal)(57Na)(6Carb)
Vegetable	Braised Cabbage (61Cal)(71Na)(9Carb)	Roasted Cauliflower (21Cal)(57Na)(2Carb)	Charred Root Vegetables (70Cal)(172Na)(7Carb)	Kale, Garlic, & Dried Cranberries (145Cal)(179Na)(10Carb)	Roasted Butternut Squash (61Cal)(153Na)(11Carb)	Creamed Corn (176Cal)(454Na)(22Carb)

BSTE Bon Appetite Menu Sunday, March 12 - Saturday, March 18

Monday - Saturday Weekly Special: Caribbean Couscous Salad w/ Black Beans & Mango

	Monday 13 March	Tuesday 14 March	Wednesday 15 March	Thursday 16 March	Friday 17 March	Saturday 18 March
Soup	Turkey Noodle (133Cal)(475Na)(13Carb)	Baked Potato, Bacon, Cheddar (275Cal)(616Na)(21Carb)	Tomato Bisque W/ Basil (126Cal)(633Na)(14Carb)	Minestrone (95Cal)(154Na)(19Carb)	Happy St. Patrick's Day	Chicken & Wild Rice (79Cal)(454Na)(11Carb)
Entrée 1	Pork Chop W/ Apple Cranberry Sauce (249Cal)(311Na)(28Carb)	House made Meatballs W/ Parmesan (225Cal)(182Na)(6Carb)	Honey Glazed Ham (171Cal)(695Na)(11Carb)	Balsamic Honey Chicken Tender (210Cal)(268Na)(5Carb)	Please See Holiday Menu	Fajita Chicken W/ Vegetables (103Cal)(85Na)(8Carb)
Entrée 2	Zen Orange Peel Beef (342Cal)(687Na)(34Carb)	Baked Fish W/ Crumb Topping (151Cal)(126Na)(6Carb)	Kung Pao Chicken W/  Peanuts (442Cal)(954Na)(21Carb)	Pecan Crusted Salmon (447Cal)(634Na)(12Carb)		Apricot Glazed Pork (155Cal)(625Na)(9Carb)
Starch	Sweet Potato Hash (94Cal)(16Na)(20Carb)	Couscous, Cranberries, Mint, & Pine nuts (217Cal)(17Na)(44Carb)	Baked Sweet Potato (136Cal)(54Na)(31Carb)	Orzo Pasta (126Cal)(58Na)(22Carb)		Brown & Wild Rice Pilaf (163Cal)(56Na)(30Carb)
Starch	White Rice (106Cal)(72Na)(23Carb)	Linguine (112Cal)(89Na)(21Carb)	Pinto Beans (155Cal)(221Na)(23Carb)	Lemon Rice Pilaf (120Cal)(39Na)(24Carb)		Cinnamon Sweet Potatoes (125Cal)(163Na)(25Carb)
Vegetable	SR Fresh Steamed Broccoli (45Cal)(40Na)(7Carb)	Sauteed Zucchini (42Cal)(118Na)(2Carb)	Country Style Green Beans (53Cal)(212Na)(11Carb)	Garlic Roasted Broccoli, & Cauliflower (68Cal)(81Na)(5Carb)		Bok Choy, Broccoli, Mushroom, Carrot (39Cal)(84Na)(4Carb)
Vegetable	Stir-Fried Bok Choy (60Cal)(226Na)(4Carb)	Corn W/ Pimento (84Cal)(7Na)(18Carb)	Bok Choy, Broccoli, Mushrooms, & Carrots (39Cal)(84Na)(4Carb)	SR Glazed Carrots (121Cal)(161Na)(10Carb)		Harvard Beets (128Cal)(400Na)(28Carb)

BSTE Bon Appetite Menu Sunday, March 19 - Saturday, March 25

Monday - Saturday Weekly Special: Quinoa, Mango, & Avocado Salad

	Monday 20 March	Tuesday 21 March	Wednesday 22 March	Thursday 23 March	Friday 24 March	Saturday 25 March
Soup	SR Navy Bean (180Cal)(159Na)(26Carb)	Caribbean Chicken (73Cal)(253Na) (11Carb)	SR Beef Vegetable (92Cal)(149Na)(7Carb)	SR Potato Leek (80Cal)(83Na)(9Carb)	Seafood Chowder (211Cal)(284Na)(14Carb)	SR Chicken Gumbo (142Cal)(211Na)(14Carb)
Entrée 1	Vegetarian Lasagna (243Cal)(552Na)(27Carb)	Smothered Pork Chops (272Cal)(553Na)(17Carb)	Oven Roasted Tilapia Veracruz (232Cal)(180Na)(7Carb)	SR Teriyaki Chicken (210Cal)(254Na)(12Carb)	Shrimp, Mussels, & Calamari (437Cal)(604Na)(25Carb)	Turkey Pot Pie (494Cal)(1560Na)(35Carb)
Entrée 2	Lemon Rosemary Chicken Breast (231Cal)(196Na)(2Carb)	Chili Glazed Salmon W/ Salsa (333Cal)(728Na)(21Carb)	Beef Enchiladas (673Cal)(1860Na)(55Carb)	Maple Mustard Pork W/ Apples (238Cal)(273Na)(16Carb)	Sausage, Peppers, Onions, Potatoes (219Cal)(537Na)(14Carb)	Ranch Chicken (204Cal)(320Na)(6Carb)
Starch	Farro & Kale (170Cal)(263Na)(33Carb)	Smoked Gouda Macaroni & Cheese (326Cal)(755Na)(27Carb)	Cilantro Lime Rice (56Cal)(41Na)(12Carb)	Vegetable Fried Rice (123Cal)(77Na)(16Carb)	Jasmine Rice (125Cal)(197Na)(28Carb)	Mashed Sweet Potatoes (143Cal)(66Na)(27Carb)
Starch	SR Roasted New Potatoes W/ Spring Herb Pesto (123Cal)(6Na)(21Carb)	SR Seasoned Oven Fried Potatoes (66Cal)(27Na)(15Carb)	Pinto Beans (142Cal)(233Na)(23Carb)	Roasted Sweet Potatoes W/ Sofrito (120Cal)(32Na)(21Carb)	Buttered Garlic Linguini (200Cal)(167Na)(35Carb)	Long Grain & Wild Rice Mushroom Pilaf (127Cal)(209Na)(23Carb)
Vegetable	Parmesan Roasted Carrots (87Cal)(111Na)(9Carb)	Roasted Yellow Squash (38Cal)(2Na)(4Carb)	Seasoned Spinach (47Cal)(103Na)(4Carb)	Hot Spiced Apples 🔥 (80Cal)(41Na)(20Carb)	Braised Kale (26Cal)(212Na)(4Carb)	Roasted Zucchini (35Cal)(45Na)(3Carb)
Vegetable	Sauteed Mushrooms & Leeks (21Cal)(1Na)(1Carb)	Buffalo Green Beans (80Cal)(142Na)(9Carb)	Baked Butternut Squash (82Cal)(107Na)(15Carb)	Sugar Snap Peas (39Cal)(128Na)(7Carb)	Lemon Dill Coleslaw (54Cal)(233Na)(3Carb)	Chili & Lime Roasted Corn On The Cob (94Cal)(24Na)(18Carb)