

# BON APPÉTIT

EAST

JANUARY 2024



## COCHRAN'S HOURS

Monday - Thursday	Friday & Saturday	Sunday
Breakfast 8:00 - 9:30am  Lunch & Dinner 11:30am-6pm	Breakfast 8:00 - 9:30am  Lunch 11:30am-2pm	CLOSED
<b>Delivery 210.568.5173</b> 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.		

**Dining Services General Manager:** JMack  
**Senior Sous Chef:** Avin Bhajan  
**Hospitality Manager:** Yolanda King  
**Dining Team Lead:** Gina Garcia

**Dining Services Advisory Council (DRAC) Chair:** Carol Hernandez  
**Vice Chair:** Nell Montgomery  
**Secretary:** Dawn Neuman  
**Members:** Judy Witzel, Kathleen Sheehan, Suzanne Slater, Betty Petranoff, Gerlinda Lindsey, Tom Moore, Anne Null

## RESERVATION OPTIONS:

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

Res Easy Reservation Line:

210.568.5045 or

[bstefoodreservations@blueskiestx.org](mailto:bstefoodreservations@blueskiestx.org)

Monthly BA&NC Dinner: 2nd Tuesday of each month; Cochran's will close at 2pm to prepare.

**REMINDER:** We kindly ask all residents an/or guests to depart Cochran's main dining room at the following times: Breakfast 10:15am and Dinner 6:45pm. Please feel free to relocate to section A outside the dining room (please see the Friday Flyer for details).

## SKY LOUNGE HOURS

Thirsty Thursday	Friday & Saturday	Sunday Brunch
4-6pm	Sky Lounge Bar 4-5pm <i>Cocktails available at your table after 5pm</i>  Dinner: 5-7pm To-Go: 4:30-5pm <b>Reservations Required</b>	10:30am-1:30pm  To-Go: 10:30-11am and 1-1:30pm <b>Reservations Required</b> <i>Anytime menu will not be available</i>

## National Food Days

Monday, **January 1**: New Years Day, Special Item!

Saturday, **January 6**: National Shortbread Day!

Monday, **January 8**: Elvis Presley Birthday!

Saturday, **January 13**: Peach Melba Day!

Monday, **January 15**: Martin Luther King (MLK) Day!

Friday, **January 19**: National Popcorn Day!

Saturday, **January 27**: National Chocolate Cake Day!

**January Superfood: Citrus**



## Always Available Sides

**Coleslaw** (153 Cal) (328 NA) (11 Carb)

**Mashed Potatoes** (162 Cal) (233NA) (19 Carb)

**Fries** (108 Cal) (470 Na) (24 Carb)

**Onion Rings** (261 Cal) (395 Na) (31 Carb)

**Vegetable Crudité**

**Side Fruit, Salad, or Soup can be substituted for 2 sides or \$1.50 upcharge**

**Drinks:** Coffee, Tea, Iced Tea, and Soda



= SPICY

**SR** = Sodium Reduced

# Menu Monday, January 1 - Saturday, January 6

	Monday January 1	Tuesday January 2	Wednesday January 3	Thursday January 4	Friday January 5	Saturday January 6
	Monday – Saturday Weekly Special: Citrus Tomato Salad Green of the Week: Lemon Pepper Asparagus			Breakfast Special: Cheesy Grits Bowl Pie Special: Lemon Meringue Pie		
Soup	Spicy Beef (200Cal) (417Na)(10Carb)	Cream of Chicken with Rice Soup (136Cal) (155Na)(13Carb)	Sweet Potato Bisque (173Cal) (298Na)(17Carb)	SR Chicken, Sausage and Okra Gumbo (189Cal) (262Na)(7Carb)	New England Clam Chowder (265Cal) (1,224Na)(17Carb)	SR Lentil and Spinach (114Cal) (115Na)(17Carb)
Entrée 1	Kung Pao Chicken with Peanuts (442Cal) (954Na)(21Carb)	Honey Glazed Salmon (191Cal) (392Na)(14Carb)	Baked Cajun Cod (415Cal) (1,433Na)(10Carb)	Maple Glazed Pork (334Cal) (577Na)(19Carb)	Swiss Steak with Tomatoes (220Cal) (291Na)(4Carb)	King Ranch Chicken Casserole (276Cal) (845Na)(22Carb)
Entrée 2	Italian Parmesan Pork Cutlet (628Cal) (727Na)(59Carb)	Brown Sugar Glazed Ribs (1,074Cal) (1,630Na)(61Carb)	Old Fashioned Meatloaf (361Cal) (498Na)(16Carb)	Jamaican Jerk Chicken Thighs (216Cal) (94Na)(5Carb)	Crab Cake with Dijonnaise Sauce (175Cal) (419Na)(14Carb)	Beef Tips with Vegetables and Noodles (341Cal) (561Na)(28Carb)
Starch	Steamed Jasmine Rice (120Cal) (2Na)(27Carb)	Lemon Orzo (179Cal) (187Na)(34Carb)	Garlic Mashed Potatoes (87Cal) (154Na)(20Carb)	Sweet Potato Hash (145Cal) (79Na)(20Carb)	Red Smashed Potatoes (116Cal) (39Na)(18Carb)	Cowboy Beans (187Cal) (561Na)(28Carb)
Starch	Baked Apple and Sweet Potato (141Cal) (23Na)(32Carb)	Macaroni and Cheese (124Cal) (246Na)(16Carb)	Tomato Couscous (234Cal) (406Na)(44Carb)	Red Beans and Rice (111Cal) (266Na)(20Carb)	Herbed Rice Pilaf (121Cal) (83Na)(25Carb)	Garlic Chive Mashed Potatoes (271Cal) (601Na)(27Carb)
Vegetable	Stir-Fry Vegetables (80Cal) (308Na)(13Carb)	Green Beans (50Cal) (103Na)(6Carb)	Peas and Carrots (57Cal) (174Na)(11Carb)	Steamed Spinach with Sautéed Garlic (27Cal) (130Na)(4Carb)	Roasted Broccoli with Parmesan (44Cal) (91Na)(5Carb)	Steamed Corn on the Cob (58Cal) (1Na)(27Carb)
Vegetable	Succotash (100Cal) (50Na)(18Carb)	Sautéed Collard Greens (32Cal) (313Na)(3Carb)	Roasted Butternut Squash (99Cal) (62Na)(10Carb)	Black-Eyed Peas (238Cal) (520Na)(39Carb)	Cilantro Jicama Slaw (53Cal) (23Na)(9Carb)	Fresh Steamed Carrots with Parsley (494Cal) (294Na)(8Carb)

# Menu: Monday, January 8 - Saturday, January 13

	Monday January 8	Tuesday January 9	Wednesday January 10	Thursday January 11	Friday January 12	Saturday January 13
	<b>Monday – Saturday Weekly Special: Turkey Philly Cheese Steak Sandwich</b> <b>Green of the Week: Kimchi Brussel Sprouts</b>			<b>Breakfast Special: Loaded Breakfast Bowl</b> <b>Pie Special: Banana Cream Pie</b>		
<b>Soup</b>	Homestyle Chicken Soup (94Cal)(270Na)(5Carb)	Moroccan Chickpea (157Cal) (274Na)(26Carb)	SR Baked Potato (133Cal) (107Na)(22Carb)	Pork Pozole (329Cal) (268Na)(11Carb)	Clam Chowder (265Cal) (1224Na)(17Carb)	Cold Potato Soup (288Cal) (722Na)(10Carb)
<b>Entrée 1</b>	Southern Smothered Pork Chops (263Cal) (379Na)(5Carb)	Lamb Stew (275Cal) (998Na)(23Carb)	Texas BBQ Brisket (414Cal) (502Na)(25Carb)	Fajita Chicken with Vegetables/Tortilla (283Cal) (325Na)(36Carb)	Shrimp with Spiced Coconut Sauce (211Cal) (127Na)(9Carb)	Meaty Marinara Pasta (523Cal) (294Na)(82Carb)
<b>Entrée 2</b>	Chicken a la King (253Cal) (644Na)(16Carb)	Lemon Baked Cod with Lemon Butter Sauce (319Cal) (341Na)(2Carb)	Smoked Sausage (296Cal) (794Na)(1Carb)	Oven Roasted Tilapia Veracruz (232Cal) (180Na)(7Carb)	Beef Stew Bordelaise (197Cal) (409Na)(13Carb)	Chicken Fried Steak (448Cal) (1,145Na)(16Carb)
<b>Starch</b>	Mashed Potatoes (162Cal) (233Na)(19Carb)	Herbed Orzo (172Cal) (3Na)(26Carb)	Scalloped Potatoes (134Cal) (347Na)(21Carb)	Cilantro Rice (104Cal) (144Na)(18Carb)	Buttered Parsley New Potatoes (141Cal) (215Na)(19Carb)	Chickpeas and Spinach (182Cal) (335Na)(28Carb)
<b>Starch</b>	Rigatoni Pasta (120Cal) (2Na)(21Carb)	Rosemary Roasted Potato (164Cal) (14Na)(23Carb)	Baked Beans (161Cal) (333Na)(31Carb)	Mexican Pinto Beans (126Cal) (197Na)(23Carb)	Basmati Rice (113Cal) (4Na)(25Carb)	Garlic Chives Mashed Potatoes (199Cal) (102Na)(35Carb)
<b>Vegetable</b>	Fresh Roasted Rosemary Carrots (69Cal) (156Na)(11Carb)	Sautéed Zucchini (42Cal) (118Na)(2Carb)	Country Style Green Beans (53Cal) (212Na)(11Carb)	Squash, Zucchini, and Corn (78Cal) (88Na)(13Carb)	Peas and Mushrooms (77Cal) (71Na)(11Carb)	SR Roasted Cauliflower with Parsley Butter (97Cal) (121Na)(3Carb)
<b>Vegetable</b>	Steamed Broccoli (48Cal) (82Na)(6Carb)	Sautéed Tomatoes with Kale (40Cal) (101Na)(5Carb)	Baked Sweet Potato (255Cal) (102Na)(59Carb)	Fried Okra (168Carb) (374Na)(22Carb)	Carrots, and Parsnips with Rosemary and Garlic (73Cal) (79Na)(12Carb)	Roasted Zucchini and Yellow Squash (41Cal) (77Na)(5carb)

# Menu: Monday, January 15 - Saturday, January 20

	Monday January 15	Tuesday January 16	Wednesday January 17	Thursday January 18	Friday January 19	Saturday January 20
	<b>Monday – Saturday Weekly Special:</b> Personal Margherita Pizza <b>Green of the Week:</b> Lemon and Garlic Sautéed Spinach			<b>Breakfast Special: Breakfast Special:</b> Pizza for Breakfast Quiche <b>Pie Special:</b> Peach Pie (a rendition of Peach Melba)		
<b>Soup</b>	Arroz Caldo (94Cal) (124Na)(10Carb)	Slovene Sour Pork Soup (156Cal) (630Na)(6Carb)	Cabbage and Potato Soup with Bacon (129Cal) (336Na)(17Carb)	Chicken Minestrone with Orzo (199Cal) (271Na)(17Carb)	New England Clam Chowder (265Cal) (1,224Na)(17Carb)	Vegetable Beef (69Cal) (233Na)(12Carb)
<b>Entrée 1</b>	Texas Chili with Beans (327Cal) (506Na)(27Carb)	Sweet Chili Glazed Shrimp (178Cal) (383Na)(9Carb)	Honey Mustard Roasted Salmon (286Cal) (288Na)(9Carb)	Pork Stew with Beans (208Cal) (153Na)(17Carb)	Beef Sheperd's Pie (437Cal) (883Na)(40Carb)	Cajun Pecan Catfish (317Cal) (477Na)(17Carb)
<b>Entrée 2</b>	Green Chicken Enchiladas (506Cal) (780Na)(35Carb)	Moroccan Chicken (173Cal) (240Na)(1Carb)	Puerto Rican Beef Stew (263Cal) (546Na)(12Carb)	Buffalo Wings (692Cal) (1,983Na)(5Carb)	Baked Fish with Pesto (136Cal) (443Na)(1Carb)	Sloppy Joe (Beef) (264Cal) (569Na)(12Carb)
<b>Starch</b>	Southwest Cornbread (175Cal) (535Na)(30Carb)	Jasmine Rice (110Cal) (93Na)(24Carb)	Rice with Pigeon Peas (129Cal) (330Na)(24Carb)	Baked Potato (288Cal) (111Na)(50Carb)	Penne Pasta (105Cal) (76Na)(18Carb)	Three Cheese Polenta (147Cal) (304Na)(15Carb)
<b>Starch</b>	Refried Pinto Beans (104Cal) (146Na)(15Carb)	Moroccan Couscous Pilaf (125Cal) (91Na)(25Carb)	Sour Cream Garlic Mashed Potatoes (155Cal) (141Na)(29Carb)	Cilantro Rice (128Cal) (149Na)(24Carb)	SR Seasoned Oven Fried Potatoes (66Cal) (27Na)(15Carb)	Sweet Potato Fries (447Cal) (654Na)(67Carb)
<b>Vegetable</b>	Mexican Corn (78Cal) (2Na)(19Carb)	Edamame (137Cal) (7Na)(10Carb)	Seasoned Spinach (47Cal) (103Na)(4Carb)	Collard Greens with Bacon (84Cal) (202Na)(7Carb)	Green Beans and Pimientos (50Cal) (136Na)(6Carb)	Roasted Zucchini (35Cal) (45Na)(3Carb)
<b>Vegetable</b>	SR Zucchini and Tomatoes (33Cal) (23Na)(4Carb)	Curry Roasted Cauliflower (109Cal) (215Na)(6Carb)	Orange, Ancho Chile Chayote (67Cal) (55Na)(13Carb)	Creamed Corn and Scallion Pudding (138Cal) (547Na)(12Carb)	Steamed Peas and Carrots (48Cal) (59Na)(10Carb)	Coleslaw (153Cal) (328Na)(11Carb)



# Menu: Monday, January 22 - Saturday, January 27

	Monday January 22	Tuesday January 23	Wednesday January 24	Thursday January 25	Friday January 26	Saturday January 27
	<b>Monday – Saturday Weekly Special:</b> Deconstructed Ambrosia Salad with Mixed Greens <b>Green of the Week:</b> Deep Fried Zucchini			<b>Breakfast Special:</b> Chocolate Chip Pancakes <b>Pie Special:</b> Boston Cream Pie		
<b>Soup</b>	Corn Chowder (140Cal) (107Na)(22Carb)	Pasta Fagioli with Sausage (446Cal) (568Na)(59Carb)	Potato Leek (89Cal) (291Na)(9Carb)	Navy Bean (155Cal) (640Na)(23Carb)	New England Clam Chowder with Bacon (121Cal) (928Na)(14Carb)	Mexican Meatball (117Cal) (374Na)(11Carb)
<b>Entrée 1</b>	Beef Liver and Onions (421Cal) (973Na)(23Carb)	Spaghetti with Meat Sauce (397Cal) (270Na)(52Carb)	Herb Roasted Trout (272Cal) (372Na)(1Carb)	Chicken Cacciatore (382Cal) (372Na)(15Carb)	Braised Beef Pot Roast (207Cal) (55Na)(2Carb)	Adobo Marinated Chicken Thigh (240Cal) (459Na)(5Carb)
<b>Entrée 2</b>	Chicken Pot Pie (328Cal) (370Na)(25Carb)	Vegetarian Lasagna (243Cal) (552Na)(27Carb)	Braised Pork with Caramelized Onions (308Cal) (589Na)(15Carb)	Grilled Skirt Steak with Chimichurri (295Cal) (258Na)(1Carb)	Balsamic Honey Chicken (213Cal) (279Na)(4Carb)	Bratwurst with Barbecue Onion (596Cal) (1,384Na)(51Carb)
<b>Starch</b>	SR New Potatoes (115Cal) (5Na)(18Carb)	Buttered Parsley New Potatoes (140Cal) (215Na)(18Carb)	Garden Rice (84Cal) (203Na)(16Carb)	Creamy Polenta (145Cal) (122Na)(21Carb)	SR Red Potatoes (213Cal) (279Na)(5Carb)	Scallion Jasmine Rice (163Cal) (5Na)(36Carb)
<b>Starch</b>	Mushroom and Wild Rice Pilaf (104Cal) (141Na)(18Carb)	Orzo Pasta (126Cal) (58Na)(22Carb)	Spiced Sweet Potato Cubes (104Cal) (490Na)(17Carb)	Stewed Red Beans (122Cal) (145Na)(19Carb)	Mushroom and Parmesan Farro Risotto (314Cal) (581Na)(41Carb)	Lyonnais Potatoes (122Cal) (123Na)(19Carb)
<b>Vegetable</b>	SR Fresh Steamed Carrots (37Cal) (63Na)(9Carb)	Steamed Broccoli (48Cal) (82Na)(6Carb)	Roasted Root Vegetables (107Cal) (490Na)(17Carb)	Zucchini, Squash with Herbs and Garlic (21Cal) (53Na)(4Carb)	Roasted Brussels Sprouts (66Cal)(87Na)(7Carb)	Lemon Green Beans (75Cal) (290Na)(14Carb)
<b>Vegetable</b>	Honey Roasted Butternut Squash (97Cal) (6Na)(18Carb)	Steamed Spinach with Sautéed Garlic (27Cal) (130Na)(4Carb)	Sautéed Swiss Chard with Red Peppers (29Cal) (186Na)(4Carb)	Sautéed Peppers and Onions (88Cal) (108Na)(8Carb)	Ratatouille (42Cal) (99Na)(5Carb)	Braised Cabbage (58Cal)(38Na)(9Cab)

# Menu: Monday, January 29 - Saturday, February 3

	Monday January 29	Tuesday January 30	Wednesday January 31	Thursday February 1	Friday February 2	Saturday February 3
	Monday – Saturday Weekly Special: Citrus Tomato Salad Green of the Week: Lemon Pepper Asparagus			Breakfast Special: Cheesy Grits Bowl Pie Special: Lemon Meringue Pie		
Soup	Spicy Beef (200Cal) (417Na)(10Carb)	Cream of Chicken with Rice Soup (136Cal) (155Na)(13Carb)	Sweet Potato Bisque (173Cal) (299Na)(17Carb)	SR Chicken, Sausage and Okra Gumbo (189Cal) (262Na)(7Carb)	New England Clam Chowder (265Cal) (1,224Na)(17Carb)	SR Lentil and Spinach (114Cal) (115Na)(17Carb)
Entrée 1	Kung Pao Chicken with Peanuts (442Cal) (954Na)(21Carb)	Honey Glazed Salmon (191Cal) (392Na)(14Carb)	Baked Cajun Cod (415Cal) (1,433Na)(10Carb)	Maple Glazed Pork (334Cal) (577Na)(19Carb)	Swiss Steak with Tomatoes (220Cal) (291Na)(4Carb)	Chopped Ranch Chicken Casserole (276Cal) (845Na)(22Carb)
Entrée 2	Italian Parmesan Pork Cutlet (628Cal) (727Na)(59Carb)	Brown Sugar Glazed Ribs (1,074Cal) (1,630Na)(61Carb)	Old Fashioned Meatloaf (361Cal) (498Na)(16Carb)	Jamaican Jerk Chicken Thighs (216Cal) (94Na)(5Carb)	Crab Cake with Dijonnaise Sauce (175Cal) (419Na)(14Carb)	Beef Tips with Vegetables and Noodles (341Cal) (561Na)(28Carb)
Starch	Steamed Jasmine Rice (120Cal) (2Na)(27Carb)	Lemon Orzo (179Cal) (187Na)(34Carb)	Garlic Mashed Potatoes (87Cal) (154Na)(20Carb)	Sweet Potato Hash (145Cal) (79Na)(20Carb)	Red Smashed Potatoes (116Cal) (39Na)(18Carb)	Cowboy Beans (187Cal) (561Na)(28Carb)
Starch	Baked Apple and Sweet Potato (141Cal) (23Na)(32Carb)	Macaroni and Cheese (124Cal) (246Na)(16Carb)	Tomato Couscous (234Cal) (406Na)(44Carb)	Red Beans and Rice (111Cal) (266Na)(20Carb)	Herbed Rice Pilaf (121Cal) (83Na)(25Carb)	Garlic Chive Mashed Potatoes (271Cal) (601Na)(27Carb)
Vegetable	Stir-Fry Vegetables (80Cal) (308Na)(13Carb)	Green Beans (50Cal) (103Na)(6Carb)	Peas and Carrots (57Cal) (174Na)(11Carb)	Steamed Spinach with Sautéed Garlic (27Cal) (130Na)(4Carb)	Roasted Broccoli with Parmesan (44Cal) (91Na)(5Carb)	Steamed Corn on the Cob (58Cal) (1Na)(27Carb)
Vegetable	Succotash (100Cal) (50Na)(18Carb)	Sautéed Collard Greens (32Cal) (313Na)(3Carb)	Roasted Butternut Squash (99Cal) (62Na)(10Carb)	Black-Eyed Peas (238Cal) (520Na)(39Carb)	Cilantro Jicama Slaw (53Cal) (23Na)(9Carb)	Fresh Steamed Carrots with Parsley (494Cal) (294Na)(8Carb)

# Superfood of the Month

## Superfood: Citrus

They're Rich in Vitamins and Plant Compounds. In fact, just one medium orange has all the vitamin C you need in a day. Citrus fruits also have good amounts of other vitamins and minerals that your body needs to function properly, including B vitamins, potassium, phosphorous, magnesium and copper.



## Vitamin C Immune Boosting Citrus Smoothie

### INGREDIENTS

- 2 medium navel oranges, peeled
- 2 small frozen bananas
- 1 cup frozen mango chunks
- 1 cup unsweetened refrigerated almond or coconut milk
- 1 cup plain Greek yogurt
- 1-2 teaspoons ground ginger (optional)

Prep Time: 5 minutes

TOTAL TIME: 5 minutes

### INSTRUCTIONS

1. Pour the almond or coconut milk into the blender jar, add the peeled oranges, and puree.
2. Add the bananas, mango, yogurt, and ginger (if desired), and process until smooth.
3. Pour into two glasses and enjoy!