

BON APPÉTIT

WEST

JANUARY 2024



LAKEVIEW HOURS

Lunch Dine-In or Carryout, Mon-Sat, 11am-1pm (Open Seating)
Dinner Carryout, Mon-Sat, 4pm - 4:45pm (Reservations required Friday/Saturday)
Dinner Dine-In, Mon-Sat, 5pm - 6:30pm (Check in at Host/Hostess Stand)
Sunday Brunch Carryout, 10:30am - 11am & 1-1:15pm
Sunday Brunch Dine-In, 11am-1pm (Reservations required)
(Check in at Host/Hostess Stand)



BISTRO HOURS

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
If you need any assistance, please reach out to Nikki,
Judith, or Moniesha at 210-568-3235



JANUARY BISTRO SPECIALS

Club Salad \$8; w/ Chicken \$11

Chicken Bacon Avocado Sandwich w/
Bag of Chips \$12

Citrus is Superfood of the month!
Citrus Tea \$2

SAVE THE DATE:

January 1 - Lunch will be 11am-1pm and closed for dinner service. Bistro dinner special: Glazed Ham, Mashed Sweet Potatoes, Green Beans & Side Salad for \$11.50. Served from 4-6pm
Thursday, January 4 - Coffee with Chef - 9:30-10:30am - Roadrunner Lounge
Wednesday, January 10 - B&A Dinner - Lunch service will be take-out only and dinner service will not be available due to the B&A event. Bistro dinner special: Chicken Fried Chicken with Mashed Potatoes, Green Beans & Side Salad for \$11.50. Served 4-6:30pm
Wednesday, January 24 - Kitchen Tour - Sign up Required with Juanita Hess - 2pm at The Lakeview
Friday, January 26 - Cowboy Breakfast - Complimentary Breakfast Tacos Sponsored by Morrison & Blue Skies of Texas - The Lakeview - Served 7-9:30am

NOTES FROM THE DIRECTOR OF DINING SERVICES

Reminder

Monday, **January 1** - The Lakeview will be Lunch Only, and closed for dinner service. Bistro dinner special: Glazed Ham, Mashed Sweet Potatoes, Green Beans & Side Salad for \$11.50. Served from 4-6pm.

Make New Friends!

A Friendship table is available at The Lakeview during lunch service from 11am-1pm at table **B6** (look for the "Friendship Table" sign).

Residents' Food Accounts

Recently, a resident's descending balance was drained by a care giver, who used it for personal use and for others. As a result, to try to prevent this activity in the future, residents are asked to notify Lori DeWitt, Guy Fanelli, or Nikki Villa if they allow others – relatives, friends, other residents, or care givers – to use their food account when not accompanied by the resident.

Reservations

For assistance with ResEasy, Please contact Nikki, Judith or Moniesha for assistance at 210-568-3235

RESERVATIONS REQUIRED

Reservations are required Friday, Saturday, and Sundays. Here are some things you need to know:

- You can make your reservation up to 10 days in advance, for Dinner and Brunch service.
- Reservations for Holidays will be announced in the Roadrunner under "Notes From the Director."
- Cut-off time for reservations will be 1pm "same day" and for Sundays, by 6pm day before.
- To make any changes to your reservation, you will have until the cut-off time to make these changes. Please make changes to your reservation on your confirmation email, the confirmation text received from ResEasy, or by calling Nikki, Judith or Moniesha at 210-568-3248.
- For parties larger than 8 people, please contact dining services at 210-568-3248.
- When you arrive for your reservation, check in with the Hostess to be seated at your table.
- We know that you pick up friends in the social room! But if you have a reservation that does not include your newly added guest(s), please inform Host/Hostess right away.
- Please be aware that by decreasing or increasing your party size could incur a wait time as these changes will change the seating dynamics for the seating arrangements.
- We strongly recommend making a reservation, but if you had not planned to come down, walk ins will be accepted Friday & Saturday after 5:45pm and 11:45pm on Sundays.

January Bistro Specials

Jan 1 - 5: Pork Eggrolls w/ Sweet Chili Sauce \$6

Jan 8 - 12: Meatball Sub on Hoagie w/ Bag of Chips \$11

Jan 15 - 19: Sweet & Sour Chicken w/ Steamed Rice \$10

Jan 22 - 26: Chili Cheese Dogs w/ Bag of Chips \$5

Jan 29 - Feb 2: Chicken & Pepperoni Provolone Melt w/ Marinara on Hoagie with Chips \$10



HAPPY NEW YEAR

National Food Days

Friday, **January 12** - National Curried Chicken Day! Curried Chicken available 11am-1pm & 4-6:30pm at The Lakeview, \$11.50

Saturday, **January 13** - Peach Melba Day! 8oz \$3, Available at The Lakeview 11am-1pm

Friday, **January 19** - National Popcorn Day! Complimentary Popcorn Available 11am-1pm at The Lakeview

Saturday, **January 27** - National Chocolate Cake Day! Assorted Chocolate Cakes available at The Lakeview, 11am-1pm, \$4/slice

Sunday, **January 28** - National Blueberry Pancake Day! Blueberry Pancakes available for purchase, 10:30am-1:15pm, The Lakeview, \$14

Monday, **January 29** - National Corn Chip Day! Frito Pie available at The Lakeview salad station, 11am-1pm, \$6

Menu: Sunday, December 31 - Saturday, January 6

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	Dec 31	Jan 1 NO DINNER SERVICE	Jan 2	Jan 3	Jan 4	Jan 5	Jan 6
Entrée 1	Coconut Curry Seasoned Shrimp	Southern Fried Catfish (lunch only)	Sesame Chicken with Broccoli	Scaloppini Beef	Beef Moussaka	Manicotti with Pesto Alfredo	Chopped Steak
Entrée 2	Pork Loin with Demi Glace	Chicken Tamale Casserole (lunch only)	Lemon Pepper Grilled Salmon	Italian Herb Roasted Chicken Quarter	Lemon Rosemary Chicken Breast	Breaded Flounder	Parmesan Baked Fish
Entrée 3 (lunch only) & Dinner Take-out		Carved Glazed Ham (lunch only)	Mojo Pork Chop (lunch only)	Shrimp Scampi (lunch only)	Pollock & Mediterranean Salsa (lunch only)	Honey Glazed Ham (lunch only)	Maple Mustard Pork with Apples (lunch only)
Vegetable	Charred Brussel Sprouts	Southern Fried Cabbage	Braised Red Cabbage	Seasoned Spinach	Red Beets	Green Beans & Pimentos	Roasted Zucchini
Vegetable	Baked Green Bean Casserole	Roasted Brussel Sprouts	Curry Roasted Cauliflower	Sauteed Peas	Creamed Corn & Scallion Pudding	Roasted Beet & Carrot Salad	Braised Swiss Chard
Vegetable	Sauteed Yellow Squash	Collard Greens	Edamame Succotash	Roasted Rutabagas	Sauteed Kale with Garlic	Orange, Jicama & Cabbage Slaw	Roasted Broccoli with Cauliflower
Starch	Thai Sorghum Pilaf with Peanuts	Black Eyed Peas	Vegetable Fried Rice	Roasted Sweet Potatoes	Quinoa Pepper Pilaf	Citrus Almond Wild Rice Salad	Fennel Mashed Potatoes
Starch	Pecan Sweet Potatoes	Red Beans & Rice	Kosher Israeli Couscous	SR Egg Noodles	Thyme Fingerling Potatoes	SR Seasoned Oven Fried Potatoes	Long Grain & Wild Rice Mushroom Pilaf
Soup	Tomato Florentine Soup	Black Eyed Peas	Cream of Cauliflower	Italian Wedding	Greek Chicken Soup	New England Clam Chowder	Butternut Squash with Sausage
ITEMS BELOW <u>ONLY</u> AVAILABLE AT LUNCH TIME							
Lunch Salad / Cold		Crab Stuffed Avocado	Crab Stuffed Avocado	Crab Stuffed Avocado	Asian Chicken Salad	Asian Chicken Salad	Asian Chicken Salad
Lunch Sandwich		The Rachel (Turkey Reuben)	The Rachel (Turkey Reuben)	The Rachel (Turkey Reuben)	French Dip	French Dip	French Dip
Lunch Grill Special		Crispy Chicken Club	Crispy Chicken Club	Crispy Chicken Club	Fried Fish Basket	Fried Fish Basket	Fried Fish Basket

Bistro Special January 1 - 5: Pork Eggrolls w/ Sweet Chili Sauce \$6

Menu: Sunday, January 7 - Saturday, January 13

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Jan 7	Jan 8	Jan 9	Jan 10 LUNCH TAKE OUT ONLY	Jan 11	Jan 12	Jan 13
Entrée 1	Braised Beef	Spanish Braised Pork	Garlic Herb Meatloaf	Herb Roasted Trout (lunch only)	Chicken Cacciatore	Beef Burgundy	Stuffed Mushrooms with Polenta
Entrée 2	Chicken Pot Pie	Shrimp & Clam Etouffee w/ Rice	Coq Au Vin (Chicken Braised with White Wine)	Stir-Fry Tofu & Peanut Sauce (lunch only)	Grilled Skirt Steak with Chimichurri	Curried Chicken	Bratwurst with Barbecue Onion
Entrée 3 (lunch only) & Dinner Take-out		Chicken Cutlet with Gravy (lunch only)	Cod with Pesto Mayo (lunch only)	Apricot BBQ Pork Chop (lunch only)	Ginger Poached Salmon (lunch only)	Baked Tortilla Crusted Tilapia (lunch only)	BBQ Spareribs (lunch only)
Vegetable	Sauteed Spinach	Fresh Steamed Carrots	Steamed Broccoli	Steamed Green Beans	Zucchini, Squash & Garlic	Roasted Brussel Sprouts	Green Beans
Vegetable	Steamed Broccoli	Roasted Acorn Squash	Cauliflower with Crumbs	Braised Swiss Chard	Steamed Broccoli	Peas & Carrots	Red Cabbage with Raisins
Vegetable	Fall Spiced Beets	Green Beans	Honey Roasted Butternut Squash	Garlic Sweet Chili Edamame	Kale, Garlic & Dried Cranberries	Sauteed Peas	Cream Style Corn
Starch	Mashed Potatoes	Creamy Mashed Potatoes	Edamame Fried Rice	Garden Rice	Creamy Polenta	Rosemary Roasted Potatoes	Seasoned Pinto Beans
Starch	Herbed Rice Pilaf	Barley Risotto	Mashed Potatoes	Spiced Sweet Potato Cubes	Creamed New Potatoes	Mushroom & Parmesan Farro Risotto	Hot German Potato Salad
Soup	Vegetarian Minestrone	Corn Chowder	Kale & Pork Linguica Soup	Cream of Broccoli	Mushroom Barley Soup	New England Clam Chowder	Winter Vegetable Soup
ITEMS BELOW <u>ONLY</u> AVAILABLE AT LUNCH TIME							
Lunch Salad / Cold		Southwest Chicken Salad	Southwest Chicken Salad	Southwest Chicken Salad	Autumn Harvest Shrimp Salad	Autumn Harvest Shrimp Salad	Autumn Harvest Shrimp Salad
Lunch Sandwich		Cubano	Cubano	Cubano	Gyro	Gyro	Gyro
Lunch Grill Special		Italian Pasta Bar	Italian Pasta Bar	Italian Pasta Bar	Turkey Burger	Turkey Burger	Turkey Burger

Bistro special January 8 - 12: Meatball Sub on Hoagie w/ Bag of Chips \$11

Menu: Sunday, January 14 - Saturday, January 20

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	Jan 14	Jan 15	Jan 16	Jan 17	Jan 18	Jan 19	Jan 20
Entrée 1	Bacon Wrapped Pork Loin	Chicken Lo Mein with Oyster Sauce	Roast Beef with Au Jus	Chicken Cordon Bleu	Italian Parmesan Pork Cutlet	Lentil Bolognese, Chickpea Pasta Bowl	Crispy Fried Catfish
Entrée 2	Chicken Piccata	Tofu Pea "Meatballs" with Curry Sauce	Moroccan Chicken	Southwestern Turkey Loaf	Jamaican Jerk Chicken Thighs	Salisbury Steak with Onion Ale Gravy	Spaghetti with Italian Sausage
Entrée 3 (lunch only) & Dinner Take-out		Batter Fried Cod (lunch only)	Honey Glazed Salmon (lunch only)	Kielbasa with Peppers & Onions (lunch only)	Shrimp Vera Cruz (lunch only)	Crab Cake with Dijonnaise Sauce (lunch only)	South African Beef Curry (lunch only)
Vegetable	Roasted Tomatoes	Baby Bok Choy	Steamed Corn Kernels	Fresh Steamed Cauliflower	Seasoned Carrots	Roasted Broccoli with Parmesan	Dilled Peas
Vegetable	Sauteed Kale with Garlic	Succotash	Sauteed Collard Greens	Roasted Butternut Squash	Okra & Tomatoes	Cajun Coleslaw	Steamed Cauliflower
Vegetable	Braised Cabbage	Steamed Yellow Squash	SR Baked Acorn Squash	Steamed Green Beans	Zucchini with Pimento	Peas & Pearl Onions	Corn with Bacon & Green Peppers
Starch	Garlic Butter Linguini	Confetti Orzo	Golden Rice	Brown Butter & Scallion Mashed Potatoes	Smashed Red Potatoes	Lime Bean Creole	Herbed Brown Rice
Starch	Lyonnais Potatoes	Baked Apple & Sweet Potato	Scalloped Potatoes	Bowtie Pasta with Fresh Herbs	Black Beans & Brown Rice	Old Bay Roasted Potatoes	Garlic Chive Mashed Potatoes
Soup	Split Pea & Ham Soup	Cream of Tomato	Navy Bean & Ham	Curry Butternut Squash	Potato Leek Soup	New England Clam Chowder	Lentil & Spinach
ITEMS BELOW ONLY AVAILABLE AT LUNCH TIME							
Lunch Salad / Cold		Strawberry Poppyseed Salmon Salad	Strawberry Poppyseed Salmon Salad	Strawberry Poppyseed Salmon Salad	Green Goddess Shrimp Wedge Salad	Green Goddess Shrimp Wedge Salad	Green Goddess Shrimp Wedge Salad
Lunch Sandwich		Philly Cheesesteak	Philly Cheesesteak	Philly Cheesesteak	BLTA	BLTA	BLTA
Lunch Grill Special		Cilantro Lime Chicken Quesadilla	Cilantro Lime Chicken Quesadilla	Cilantro Lime Chicken Quesadilla	Chicken Wings	Chicken Wings	Chicken Wings

Bistro special January 15 - 19: Sweet & Sour Chicken w/ Steamed Rice \$10

Menu: Sunday, January 21 - Saturday, January 27

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	Jan 21	Jan 22	Jan 23	Jan 24	Jan 25	Jan 26	Jan 27
Entrée 1	Chicken Breast with Marsala Mushroom Sauce	Smothered Pork Chops	Chicken Fried Steak with Gravy	Texas BBQ Brisket	Sage & Apple Roasted Turkey	Grilled Teriyaki Skirt Steak	Rigatoni Sausage with Fennel
Entrée 2	Beef Stuffed Bell Pepper	Tortellini Alfredo with Braised Chicken	Lamon Baked Cod	BBQ Chicken Quarter	Chipotle Orange Pork Loin	Vegetarian Shepherd's Pie	Beef Liver & Onions
Entrée 3 (lunch only) & Dinner Take-out		Kosher Beef Stew Bordelaise (Cooked in Red Wine) (lunch only)	Chicken Enchilada Casserole (lunch only)	Dijon Salmon (lunch only)	Tilapia Amandine (lunch only)	Potato Chip Crusted Cod (lunch only)	Honey Garlic Shrimp (lunch only)
Vegetable	Balsamic Roasted Brussel Sprouts	Roasted Carrots	Steamed Zucchini	Country Style Green Beans	Corn Kernels	Honey Roasted Butternut Squash	Roasted Cauliflower with Parsley Butter
Vegetable	Roasted Yellow Squash	Steamed Broccoli	Sauteed Tomatoes with Kale	Southern Collard Greens	Fried Okra	Carrots, with Rosemary	Spinach with Mushrooms
Vegetable	Italian Green Beans	Braised Red Cabbage	Mexican Corn	Roasted Beets	Steamed Broccoli	Marinated Snap Peas with Mushrooms	Glazed Acorn Squash Wedges
Starch	Creamy Polenta	Mashed Potatoes	Spanish Rice	Scalloped Potatoes	Southern Sweet Potatoes	Tuscan Farro Risotto	Israeli Couscous Pilaf
Starch	Parslied Fettuccini	Basmati Rice	Green Chili Pinto Beans	Baked Beans	Cilantro Rice	Loaded Potato Salad with Bacon	Garlic Chive Mashed Potatoes
Soup	Cabbage & Potato Soup with Bacon	Tuscan White Bean Chowder	Mushroom & Wild Rice Soup	Cream of Mushroom	Beef Barley Soup	Seafood Chowder	Loaded Baked Potato Soup
ITEMS BELOW <u>ONLY</u> AVAILABLE AT LUNCH TIME							
Lunch Salad / Cold		Crispy Chicken Salad	Crispy Chicken Salad	Crispy Chicken Salad	Grilled Salmon Cobb	Grilled Salmon Cobb	Grilled Salmon Cobb
Lunch Sandwich		Kentucky Hot Brown	Kentucky Hot Brown	Kentucky Hot Brown	Beef Fajita Nachos	Beef Fajita Nachos	Beef Fajita Nachos
Lunch Grill Special		Patty Melt	Patty Melt	Patty Melt	Shrimp Primavera	Shrimp Primavera	Shrimp Primavera

Bistro special January 22 - 26: Chili Cheese Dogs w/ Bag of Chips \$5

Menu: Sunday, January 28 - Saturday, February 3

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	Jan 28	Jan 29	Jan 30	Jan 31	Feb 1	Feb 2	Feb 3
Entrée 1	Coconut Curry Seasoned Shrimp	Vegetarian Lasagna	Sesame Chicken with Broccoli	Scaloppini Beef	Beef Moussaka	Manicotti with Pesto Alfredo	Chopped Steak
Entrée 2	Pork Loin with Demi Glace	Kosher Swiss Steak with Gravy	Mojo Pork Chop	Italian Herb Roasted Chicken Quarter	Lemon Rosemary Chicken Breast	Herb Roasted Flounder	Parmesan Baked Fish
Entrée 3 (lunch only) & Dinner Take-out		Baked Tilapia with Creamy Pesto Sauce (lunch only)	Lemon Pepper Grilled Salmon (lunch only)	Shrimp Scampi (lunch only)	Cod & Mediterranean Salsa (lunch only)	Honey Glazed Ham (lunch only)	Maple Mustard Pork with Apples (lunch only)
Vegetable	Charred Brussel Sprouts	Green Peas	Braised Red Cabbage	Seasoned Spinach	Red Beets	Green Beans & Pimentos	Roasted Zucchini
Vegetable	Baked Green Bean Casserole	Parmesan Roasted Carrots	Cauliflower	Sauteed Peas	Creamed Corn & Scallion Pudding	Roasted Beet & Carrot	Braised Swiss Chard
Vegetable	Sauteed Yellow Squash	Zucchini & Tomato	Edamame Succotash	Steamed Broccoli	Sauteed Kale with Garlic	Peas & Carrots	Broccoli with Cauliflower
Starch	Thai Sorghum Pilaf with Peanuts	Almond Orzo Pilaf	Vegetable Fried Rice	Roasted Sweet Potatoes	Quinoa Pepper Pilaf	Citrus Almond Wild Rice Salad	Fennel Mashed Potatoes
Starch	Pecan Sweet Potatoes	Toasted Fennel with Garlic Kale	Kosher Israeli Couscous	SR Egg Noodles	Thyme Fingerling Potatoes	SR Seasoned Oven Fried Potatoes	Long Grain & Wild Rice Mushroom Pilaf
Soup	Tomato Florentine Soup	Chicken Noodle Soup	Cream of Cauliflower	Italian Wedding	Greek Chicken Soup	New England Clam Chowder	Butternut Squash with Sausage
ITEMS BELOW <u>ONLY</u> AVAILABLE AT LUNCH TIME							
Lunch Salad / Cold		Crab Stuffed Avocado	Crab Stuffed Avocado	Crab Stuffed Avocado	Asian Chicken Salad	Asian Chicken Salad	Asian Chicken Salad
Lunch Sandwich		The Rachel (Turkey Reuben)	The Rachel (Turkey Reuben)	The Rachel (Turkey Reuben)	French Dip	French Dip	French Dip
Lunch Grill Special		Crispy Chicken Club	Crispy Chicken Club	Crispy Chicken Club	Fried Fish Basket	Fried Fish Basket	Fried Fish Basket

Bistro special January 29 - February 2:

Chicken & Pepperoni Provolone Melt w/ Marinara on Hoagie with Chips \$10

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!