

# BON APPÉTIT

EAST

MARCH 2024



## COCHRAN'S HOURS

Monday - Thursday	Friday & Saturday	Sunday
Breakfast 8-9:30am  Lunch & Dinner 11:30am-6pm	Breakfast 8- 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 14 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: 5-6pm To-Go: 4:30-5pm <b>Reservations Required</b>	10:30am-1pm  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, **March 1**: National Pound Cake Day! Pound Cake, Short Cake

Wednesday, **March 6**: National Oreo Cookie Day! Oreo Cookies Blizzard

Saturday, **March 9**: National Meatball Day!

Monday, **March 11**: Ramadan kick off!

Friday and Saturday, **March 15 and 16**: Kenya, Africa (Sky Lounge Destination Dining)



Sunday, **March 17**: Happy St. Patrick's Day! St. Patty's Feast

Tuesday, **March 19**: First day of Spring! March Madness

Friday, **March 22**: World Water Day! Flavored Vitamin Water



Sunday, **March 24**: National Chocolate Covered Raisin Day! Chocolate Covered Raisins

Monday, **March 25**: International Waffle Day!

Thursday, **March 28**: National Black Forest Cake Day! Black Forrest Cake

Thursday, **March 28**: National Something on a Stick!

Friday, **March 29**: Good Friday

Sunday, **March 31**: Easter Sunday! Easter Buffet

**March Superfood: Seeds**

## 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**



= SPICY

SR = Sodium Reduced

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

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

	Monday February 26	Tuesday February 27	Wednesday February 28	Thursday February 29	Friday March 1	Saturday March 2
	<b>Monday – Saturday Weekly Special:</b> Grapefruit and Pomegranate Salad <b>Green of the Week:</b> Lemon Pepper Asparagus			<b>Breakfast Special:</b> Southern Breakfast Scramble Bowl <b>Pie Special:</b> Lemon Meringue Pie		
<b>Soup</b>	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)
<b>Entrée 1</b>	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)
<b>Entrée 2</b>	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)
<b>Starch</b>	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)
<b>Starch</b>	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)
<b>Vegetable</b>	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)
<b>Vegetable</b>	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)

	Monday March 4	Tuesday March 5	Wednesday March 6	Thursday March 7	Friday March 8	Saturday March 9
	<b>Monday – Saturday Weekly Special:</b> Turkey Gyro <b>Green of the Week:</b> Warm House-made Kimchi			<b>Breakfast Special:</b> Texas Waffles with Berries <b>Pie Special:</b> Banana Cream Pie		
<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)	Beef and Barley Soup (288Cal) (722Na)(10Carb)
<b>Entrée 1</b>	Southern Smothered Pork Chops (263Cal) (379Na)(5Car)	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)	Baked Turkey 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)	Okra and Tomato (45Cal) (71Na)(8Carb)	Carrots, and Parsnips with Rosemary and Garlic (73Cal) (79Na)(12Carb)	Fried Okra (168Cal) (374Na)(22Carb)

	Monday March 11	Tuesday March 12	Wednesday March 13	Thursday March 14	Friday March 15	Saturday March 16
	Monday – Saturday Weekly Special: Asian Meatball Sub Green of the Week: Fried Okra			Breakfast Special: Huevos Rancheros Pie Special: Strawberry Rhubarb Pie		
Soup	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)	Beef and Vegetable (69Cal) (233Na)(12Carb)
Entrée 1	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)
Entrée 2	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)
Starch	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)
Starch	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)
Vegetable	Mexican Corn (78Cal) (2Na)(19Carb)	Edamame (137Cal) (7Na)(10Carb)	Seasoned Spinach (47Cal) (103Na)(4Carb)	Collard Greens with Bacon (84Cal) (202Na)(7Carb)	Green Beans and Pimentos (50Cal) (136Na)(6Carb)	Roasted Zucchini (35Cal) (45Na)(3Carb)
Vegetable	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)	Braised Cabbage (58Cal)(38Na)(9Cab)

	Monday March 18	Tuesday March 19	Wednesday March 20	Thursday March 21	Friday March 22	Saturday March 23
	<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> Loaded Oatmeal Bowl <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 (265Cal) (1,224Na)(17Carb)	Carrot and Ginger (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)	Sauerkraut and Onions (153Cal) (328Na)(11Carb)



	Monday March 25	Tuesday March 26	Wednesday March 27	Thursday March 28	Friday March 29	Saturday March 30
	Monday – Saturday Weekly Special: Grapefruit and Pomegranate Salad Green of the Week: Lemon Pepper Asparagus			Breakfast Special: Chef's Feature 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)
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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: Seeds

Seeds contain all the starting materials necessary to develop into complex plants. Because of this, they are extremely nutritious.

Seeds are great sources of fiber. They also contain healthy monounsaturated fats, polyunsaturated fats and many important vitamins, minerals and antioxidants.

When consumed as part of a healthy diet, seeds can help reduce blood sugar, cholesterol and blood pressure.



## Chia Pudding

### INGREDIENTS

- 4 Tablespoons chia seeds
- 1 cup almond milk
- ½ Tablespoon maple syrup honey or sweetener of choice\*
- ¼ teaspoon vanilla extract optional

Prep Time: 10 minutes

Soak Time: 1 hour

TOTAL TIME: 1 hour and 10 minutes

Toppings of choice: fresh berries or other fruit granola, nut butter, etc

### INSTRUCTIONS

1. In a bowl or mason jar, stir together chia seeds, milk, maple syrup and vanilla, if using. If you're using a mason jar, you can put the lid on and shake the mixture to combine everything.
2. Once the chia pudding mixture is well combined, let it sit for 5 minutes, give it another stir/shake to break up any clumps of chia seeds, cover and put the mixture in the fridge to "set" for 1-2 hours or overnight. The chia pudding should be nice and thick, not liquidy. If it's not thick enough, just add more chia seeds (about 1 Tablespoon), stir and refrigerate for another 30 minutes or so.
3. Chia pudding can be stored for up to 5-7 days in an airtight container in the refrigerator.