# BON APPÉTIT

WEST MARCH 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 & 1:15-1:30pm
Sunday Brunch Dine-In, 11am-1pm (Reservations required)



#### **BISTRO HOURS**

(Check in at Host/Hostess Stand)

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

# MARCH BISTRO SPECIALS

Hazelnut Latte Sm. \$3.50 / Lg. \$4.50

Asian Sesame Salad \$8 / Add Chicken \$12

Turkey Bacon Ranch Sub with Bag of Chips \$11

#### SAVE THE DATE:

Thursday, March 7 - Coffee with Chef - 9:30-10:30am - Roadrunner Lounge

Wednesday, March 13 - 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 Cordon Bleu, Mashed Potatoes, Green Beans & Side Salad for \$11.50. Served from 4-6:30pm

HAPPY

St. Patrick's

Wednesday, March 20 - Teaching Kitchens - Main Lobby - 2-2:30pm

Saturday, March 30 - Due to the Easter Holiday, Dinner Take out will be from 3-3:45pm & Dinner Dine In will be from 4-5:30pm (Reservations required)

Sunday, March 31 - Easter Buffet- Reservations open Friday, March 1 at 11am. Please make your reservations by Friday, March 22 at 1pm. Take Out: 10:30-11am. (Reservations not required). Dine In: 11:30am-1:30pm (Reservations Required). You can make your reservations through ResEasy under the "Events" tab or through the reservation line, 210-568-3238. A La Carte Sunday menu will not be available on this date.

# NOTES FROM THE DIRECTOR OF DINING SERVICES

**Sunday Brunch To Go Hours Have Changed:** Take Out 10:30-11am <u>& 1:15-1:30pm</u>. Dine In 11am-1pm (Reservations Required)

There will be a themed menu every 3rd Wednesday of the month. This month, on Wednesday, **March 20**, the theme will be FIESTA! The Fiesta menu will be available for \$11.50. Please see Wednesday, March 20 for the menu.

Due to the Easter Holiday, Advanced Sales will be cancelled on Saturday, **March 30**. Advanced Sales will resume on Saturday, **April 6**.

**Reservations:** For assistance with ResEasy, please contact Nikki, Judith or Moniesha 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.

#### **March Bistro Specials**

February 26 - March 1: Chili Cheese Dogs w/ Bag of Chips \$5

March 4 - 8: Chicken & Pepperoni Provolone Melt w/ Marinara on Hoagie with

Chips \$10

March 11 - 15: Shrimp Quesadilla with Salsa \$14

March 18 - 22: Pork Eggrolls w/ Sweet Chili Sauce \$6

March 25 - 29: Meatball Sub on Hoagie w/ Bag of Chips \$11

April 1 - 5: Chili Cheese Dogs w/ Bag of Chips \$5



#### **National Food Days**

Saturday, **March 2** - National Banana Cream Pie Day - Available for purchase at The Lakeview, 11am-1pm & 4-6:30pm, \$3.75 / Slice

Wednesday, **March 6** - National Oreo Day - Oreo Cheesecake available for purchase at The Lakeview, 11am-1pm & 4-6:30pm, \$5 / Slice

Thursday, **March 21** - National Crunchy Taco Day, Crunchy Beef Tacos available at The Bistro, 11am-6:30pm, \$12. Includes Beans & Rice

Saturday, **March 23** - National Chips & Dip Day - 7-Layer Dip & Chips available at The Lakeview, 11am-1pm, \$7

Thursday, **March 28** - National Black Forest Cake Day - Black Forest Cake available for purchase at The Lakeview, 11am-1pm & 4-6:30pm, \$4 / Slice

#### Menu: Sunday, February 25 - Saturday, March 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	Feb 25	Feb 26	Feb 27	Feb 28	Feb 29	Mar 1	Mar 2
Entrée 1	Coconut Curry Seasoned Shrimp	Vegetarian Lasagna	Sesame Chicken with Broccoli	Scaloppini Beef	Beef Moussaka	Manicotti with Pesto Alfredo	
Entrée 2	Pork Loin with Demi Glace	Swiss Steak with Gravy	Mojo Pork Chop	Italian Herb Roasted Chicken Quarter	Lemon Rosemary Chicken Breast	Herb Roasted Flounder	d 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 Glaze 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 & Carro	Broccoli with Cauliflower
Starch	Thai Sorghum Pilaf with Peanuts	Almond Orzo Pilaf	Vegetable Fried Rice	Roasted Sweet Potatoes	Quinoa Pepper Pilaf	Citrus Almono Wild Rice Sala	I Machad I
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 Chowde	
		ITEMS BE	LOW ONLY A	/AILABLE AT L	UNCH 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



#### Menu: Sunday, March 3 - Saturday, March 9

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	Mar 3	Mar 4	Mar 5	Mar 6	Mar 7	Mar 8	Mar 9	
Entrée 1	Braised Beef	Fried Pork Chops with Cream Gravy	Garlic Herb Meatloaf with Brown Gravy	Teriyaki Chicken Thighs	Chicken Cacciatore	Stuffed Mushrooms with Polenta	Mojo Marinated Skirt Steak	
Entrée 2	Chicken Pot Pie	Chicken & Sausage Gumbo with Rice	Coq Au Vin (Chicken Braised with White Wine)	Honey Hoisin Pork Loin	Baked Vegetarian Ziti	BBQ Chicken Quarters	Cilantro Lime Marinated Chicken Thighs	
Entrée 3 (lunch only) & Dinner Take-out		Blackened Swai (lunch only)	Lemon Pepper Chicken Quarters (lunch only)	Stir Fry Tofu & Peanut Sauce (lunch only)	Lemon Herb Salmon (lunch only)	BBQ Spareribs (lunch only)	Shrimp Fajitas (lunch only)	
Vegetable	Sauteed Spinach	Braised Collard Greens	Steamed Broccoli	Steamed Green Beans	Zucchini, Squash & Garlic	Green Beans	Peppers & Onions	
Vegetable	Steamed Broccoli	Steamed Carrots	Cauliflower with Crumbs	Vegetable Stir Fry	Steamed Broccoli	Red Cabbage with Raisins	Peas & Carrots	
Vegetable	Fall Spiced Beets	Buttered Corn Kernels	Honey Roasted Butternut Squash	Garlic Sweet Chili Edamame	Creamed Spinach	Cream Style Corn	Steamed Green Beans	
Starch	Mashed Potatoes	Red Beans & Rice	Mashed Potatoes	Steamed Jasmine Rice	Creamy Polenta	Baked Beans	Spanish Rice	
Starch	Herbed Rice Pilaf	Roasted Potatoes	Barley Risotto	Scallion Oil Noodles	Herb Roasted Potatoes	Rice Pilaf	Pinto Beans	
Soup	Mushroom Barley Soup	Kale & Chorizo Soup	Corn Chowder	Sesame Noodle Soup	Vegetarian Minestrone	New England Clam Chowder	Chicken Tortilla Soup	
ITEMS BELOW ONLY 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		Chicken Fajita Tacos	Chicken Fajita Tacos	Chicken Fajita Tacos	Turkey Burger	Turkey Burger	Turkey Burger	



# Menu: Sunday, March 10 - Saturday, March 16

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
2	Mar 10	Mar 11	Mar 12	Mar 13 LUNCH TAKE OUT ONLY	Mar 14	Mar 15	Mar 16	
Entrée 1	Bacon Wrapped Pork Loin	Chicken Lo Mein with Oyster Sauce	Roast Beef with Au Jus	Chicken Cordon Bleu (lunch only)	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 (lunch only)	Jamaican Jerk Chicken Thighs	Salisbury Steak with Onion Ale Gravy	Spaghetti & Meatballs	
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	Lyonnaise 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	



## Menu: Sunday, March 17 - Saturday, March 23

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
3	Mar 17 St. Patty's Day	Mar 18	Mar 19	Mar 20 Fiesta Themed Day	Mar 21	Mar 22	Mar 23	
Entrée 1	Corned Beef	Smothered Pork Chops	Chicken Fried Steak with Gravy	Chicken Tinga (Pulled Chicken in Tomatillo Broth)	Sage & Apple Roasted Turkey	Grilled Teriyaki Skirt Steak	Rigatoni Sausage with Fennel	
Entrée 2	"Bangers & Mash"	Ravioli Alfredo with Braised Chicken	Chicken Enchilada Casserole	Vegetarian Picadillo	Chipotle Orange Pork Loin	Vegetarian Shepherd's Pie	Beef Liver & Onions	
Entrée 3 (lunch only) & Dinner Take-out		Beef Stew Bordelaise (Cooked in Red Wine) (lunch only)	Lemon Baked Cod (lunch only)	Guajillo Marinated Skirt Steak (lunch only)	Tilapia Amandine (lunch only)	Potato Chip Crusted Cod (lunch only)	Honey Garlic Shrimp (lunch only)	
Vegetable	Bacon Fried Cabbage	Roasted Carrots	Steamed Zucchini	Calabacitas	Corn Kernels	Honey Roasted Butternut Squash	Roasted Cauliflower with Parsley Butter	
Vegetable	Honey Glazed Parsnips & Carrots	Steamed Broccoli	Sauteed Tomatoes with Kale	Peppers & Onions	Fried Okra	Carrots, with Rosemary	Spinach with Mushrooms	
Vegetable	Green Peas	Braised Red Cabbage	Mexican Corn	Calabaza (Cumin Spiced Acorn Squash)	Steamed Broccoli	Marinated Snap Peas with Mushrooms	Glazed Acorn Squash Wedges	
Starch	Colcannon (Mashed Potatoes with Cabbage)	Mashed Potatoes	Spanish Rice	Spanish Rice	Southern Sweet Potatoes	Tuscan Farro Risotto	Israeli Couscous Pilaf	
Starch	Boxty (Irish Potato Cakes)	Basmati Rice	Green Chili Pinto Beans	Refried Beans	Cilantro Rice	Loaded Potato Salad with Bacon	Garlic Chive Mashed Potatoes	
Soup	Beer Cheese Chowder	Tuscan White Bean Chowder	Mushroom & Wild Rice Soup	Posole Verde	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	



#### Menu: Sunday, March 24 - Saturday, March 30

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	Mar 24	Mar 25	Mar 26	Mar 27	Mar 28	Mar 29	Mar 30 EARLY DINNER SERVICE
Entrée 1	Coconut Curry Seasoned Shrimp	Vegetarian Lasagna	Sesame Chicken with Broccoli	Scaloppini Beef	Beef Moussaka	Baked Ziti Bolognese	Chopped Steak
Entrée 2	Pork Loin with Demi Glace	Swiss Steak with Gravy	Mojo Pork Chop	Italian Herb Roasted Chicken Quarter	Lemon Rosemary Chicken Breast	Homestyle Pot Roast	Maple Mustard Pork with Apples
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)	Herb Roasted Flounder (lunch only)	Parmesan Baked Fish (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 BELO	OW <u>ONLY</u> A	VAILABLE A	T LUNCH TII	ME	
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



## Menu: Sunday, March 31 - Saturday, April 6

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	Mar 31 <mark>Easter</mark> Buffet	Apr 1	Apr 2	Apr 3	Apr 4	Apr 5	Apr 6	
Entrée 1	Brown Sugar & Honey Glazed Ham	Fried Pork Chops with Cream Gravy	Garlic Herb Meatloaf with Brown Gravy	Teriyaki Chicken Thighs	Chicken Cacciatore	Stuffed Mushrooms with Polenta	Mojo Marinated Skirt Steak	
Entrée 2	Salmon Florentine En Croute	Chicken & Sausage Gumbo with Rice	Coq Au Vin (Chicken Braised with White Wine)	Honey Hoisin Pork Loin	Baked Vegetarian Ziti	BBQ Chicken Quarters	Cilantro Lime Marinated Chicken Thighs	
Entrée 3 (lunch only) & Dinner Take-out	Red Wine Braised Beef Brisket	Blackened Swai (lunch only)	Lemon Pepper Chicken Quarters (lunch only)	Stir Fry Tofu & Peanut Sauce (lunch only)	Lemon Herb Salmon (lunch only)	BBQ Spareribs (lunch only)	Shrimp Fajitas (lunch only)	
Vegetable	Broccoli & Cheese Casserole	Braised Collard Greens	Steamed Broccoli	Steamed Green Beans	Zucchini, Squash & Garlic	Green Beans	Peppers & Onions	
Vegetable	Farm Fresh Green Beans	Steamed Carrots	Cauliflower with Crumbs	Vegetable Stir Fry	Steamed Broccoli	Red Cabbage with Raisins	Peas & Carrots	
Vegetable	Orange Glazed Carrots	Buttered Corn Kernels	Honey Roasted Butternut Squash	Garlic Sweet Chili Edamame	Creamed Spinach	Cream Style Corn	Steamed Green Beans	
Starch	Boursin Mashed Potatoes	Red Beans & Rice	Mashed Potatoes	Steamed Jasmine Rice	Creamy Polenta	Baked Beans	Spanish Rice	
Starch	Brown Butter Sweet Potato Mash	Roasted Potatoes	Barley Risotto	Scallion Oil Noodles	Herb Roasted Potatoes	Rice Pilaf	Pinto Beans	
Soup	Chicken & Gnocchi	Kale & Chorizo Soup	Corn Chowder	Sesame Noodle Soup	Vegetarian Minestrone	New England Clam Chowder	Chicken Tortilla Soup	
ITEMS BELOW <u>ONLY</u> AVAILABLE AT LUNCH TIME								
Lunch Salad / Cold	See Easter Menu	Southwest Chicken Salad	Southwest Chicken Salad	Southwest Chicken Salad	Autumn Harvest Shrimp Salad	Autumn Harvest Shrimp Salad	Autumn Harvest Shrimp Salad	
Lunch Sandwich	Attachment for Full Menu	Cubano	Cubano	Cubano	Brisket BBQ Baked Potato	Gyro	Gyro	
Lunch Grill Special	Options	Chicken Fajita Tacos	Chicken Fajita Tacos	Chicken Fajita Tacos	Loaded Potato Wedges	Turkey Burger	Turkey Burger	



# **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**

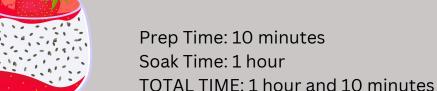
- 4 Tablespoons chia seeds
- 1 cup almond milk
- ½ Tablespoon maple syrup honey or sweetener of choice\*
- ¼ teaspoon vanilla extract optional

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.







SUNDAY, MARCH 31, 2024
CHOICE OF 2 PROTEINS & UNLIMITED SAVORY SIDES

ENTREES
BROWN SUGAR & HONEY GLAZED HAM,
SALMON EN CROUTE,
OR RED WINE BRAISED BEEF BRISKET

#### SIDE CHOICES

BOURSIN MASHED POTATOES, BROWN BUTTER SWEET POTATO
MASH, ORECCHIETTE WITH PESTO CREAM SAUCE, BROCCOLI &
CHEESE CASSEROLE,
FARM FRESH GREEN BEANS & ORANGE GLAZED CARROTS,
CHICKEN GNOCCHI SOUP

OMELET STATION, CHICKEN & WAFFLE STATION, CHARCUTERIE, SHRIMP COCKTAIL, COMPOSED SALADS, BYO SALADS & DESSERT DISPLAY AVAILABLE

#### RESERVATION INSTRUCTIONS ON BACK



CONSUMER ADVISORY: CONSUMPTION OF UNDERCOOKED MEAT, POULTRY, EGGS, OR SEAFOOD MAY INCREASE THE RISK OF FOOD-BORNE ILLNESSES. ALERT YOUR SERVER IF YOU HAVE SPECIAL DIETARY REQUIREMENTS













#### RESERVATIONS OPEN ON FRIDAY, MARCH 1 AT 11AM

PLEASE MAKE YOUR RESERVATIONS BY FRIDAY, MARCH 22 AT 1PM. YOU MAY MAKE YOUR RESERVATIONS THROUGH RESEASY (LINK ON TOUCHTOWN OR BSTWRESIDENTSPORTAL.COM) OR THROUGH OUR RESERVATION LINE 210-568-3238.

(THE SOONER YOU MAKE YOUR RESERVATION, THE MORE LIKELY YOU ARE TO SECURE YOUR PREFERRED TIME SLOT. RESEASY WILL LET YOU KNOW IF A TIME SLOT IS FULL AND ALLOW YOU TO PICK AN AVAILABLE TIME).

FOR ANY QUESTIONS, PLEASE CONTACT NIKKI, JUDITH OR MONIESHA AT 210-568-3248

TAKE OUT ONLY: 10:30AM - 11AM (NO RESERVATIONS REQUIRED)
DINE IN ONLY: 11:30AM - 1:30PM (RESERVATIONS REQUIRED)
BUFFET LINE CLOSES AT 2:30PM

\$37 PER PERSON









