

BON APPÉTIT

EAST

APRIL 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
<p>Delivery 210.568.5173</p> <p>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.</p>		

Dining Services General Manager: JMack
Senior Sous Chef: Avin Bhajan
Hospitality Manager: Yolanda King

Dining Room Advisory Council (DRAC)
Chair: Carol Hernandez
Vice Chair: Nell Montgomery
Members: Judy Wetzel, Kathleen Sheehan, Suzanne Slater, Betty Petranoff, Gerlinda Lindsey, Vicki Abel, Anne Null, Nancy Smith

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

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 Reservations Required	10:30am-1:30pm To-Go: 10:30-11am and 1-1:30pm Reservations Required <i>Anytime menu will not be available</i>

National Food Days

Monday, **April 1**: April Fool's Day! What will Chef Avin Spring on us?

Tuesday, **April 2**: National PB&J Day!

Friday, **April 5**: National Deep-Dish Pizza Day! Stop by for our cheesy deal!

Monday, **April 8**: National Empanada Day!

Thursday, **April 12**: National Grilled Cheese Day!

Saturday, **April 20**: National Cheddar Fries Day!

Monday, **April 22**: Earth Day! Wonder what the Earth will dig up?

Tuesday, **April 23**: National Cherry Cheesecake Day!

Friday, **April 26**: National Pretzel Day!

Sunday, **April 28**: National Blueberry Pie Day!

Tuesday, **April 30**: National Oatmeal Cookie Day! Will we see Cookie Monster?

March Superfood: Mushrooms

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

BSTE Bon Appetite Menu Monday, April 1 - Saturday, April 6

Monday - Saturday Weekly Special: April Fools Krab Roll
Green of the Week: Steamed Sweet Peas

Breakfast Special: Texas Waffle with Berries
Pie Special: Blueberry

	Monday, April 1	Tuesday, April 2	Wednesday, April 3	Thursday, April 4	Friday, April 5	Saturday, April 6
Soup	Homestyle Chicken Soup (94Cal)(270Na)(5Carb)	Moroccan Chickpea Soup (157Cal)(274Na)(26Carb)	SR Baked Potato (133Cal)(107Na)(9Carb)	Pork Pozole (329Cal)(268Na)(11Carb)	New England Clam Chowder (265Cal)(1224Na)(17Carb)	Beef and Barley Soup (288Cal)(722Na)(910Carb)
Entrée 1	Southern Smothered Pork Chops (263Cal) (379Na)(5Carb)	Lamb Stew (275Cal)(9980Na) (23Carb)	Texas BBQ Brisket (414Cal)(502Na)(25Carb)	Chicken Fajita with Veg and Tortilla (283Cal)(325Na)(36Carb)	Shrimp in Spiced Coconut Sauce (211Cal)(127Na)(9)Carb)	Baked Turkey Marinara Pasta (523Cal)(294Na)(82Carb)
Entrée 2	Chicken a la King (253Cal) (644Na)(16Carb)	Lemon Baked Cod with Lemon Butter Sauce (319Cal)(341Na)(2Carb)	Smoked Sausage (296Cal)(7940Na)(1Carb)	Oven Roasted Tilapia (232Cal)(180Na)(7Carb)	Beef Stew Bordelaise (197Cal)(409Na)(13Carb)	Chicken Fried Steak (448Cal)(1,145Na)(16Carb)
Starch	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 with Spinach (182Cal)(335Na)(28Carb)
Starch	Rigatoni Pasta (120Cal) (2Na)(21Carb)	Rosemary Roasted Potato (164Cal)(14Na)(23Carb)	Baked Beans (161Cal)(3339)(31Carb)	Mexican Pinto Beans (126Cal)(197Na)(23Carb)	Basmati Rice (113Cal)(4Na)(25Carb)	Garlic/Chive Mashed Potatoes (199Cal)(102Na)(35Carb)
Vegetable	Fresh Roasted Rosemary Carrots (69Cal) (156Na)(11Carb)	Sauteed 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 Buttered/Parsley Cauliflower (97Cal)(121Na)(3Carb)
Vegetable	Steamed Broccoli (48Cal) (82Na)(6Carb)	Sauteed Tomatoes with Kale (40Cal)(101Na)(5Carb)	Baked Sweet Potato (255Cal)(102Na)(59Carb)	Okra and Tomato (45Cal)(71Na)(8Carb)	Rosemary/Garlic Carrots, and Parsnips (73Cal)(79Na)(12Carb)	Fried Okra (168Cal)(374Na)(22Carb)

BSTE Bon Appetite Menu Monday, April 8 - Saturday, April 13

Monday - Saturday Weekly Special: Mushroom Bulgogi Lettuce Wrap
Green of the Week: Steamed Sugar Snap Peas

Breakfast Special: Biscuit and Sausage Gravy
Pie Special: Cherry Pie

	Monday, April 8	Tuesday, April 9	Wednesday, April 10	Thursday, April 11	Friday, April 12	Saturday, April 13
Soup	Chicken Caldo con Arroz (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)(1224Na)(17Carb)	Beef and Vegetable (69Cal)(233Na)(12Carb)
Entrée 1	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 Sheppard's Pie (437Cal)(883Na)(40Carb)	Cajun Pecan Catfish (317Cal)(447Na)(17Carb)
Entrée 2	Green Chicken Enchiladas (506Cal)(780Na)(35Carb)	Moroccan Chicken (173Cal)(240Na)(1Carb)	Puerto Rican Beef Stew (263Cal)(546Na)(12Carb)	Buffalo Wings (692Cal)(1983Na)(5Carb)	Baked Fish with Pesto (136Cal)(443Na)(1Carb)	Beef Sloppy Joe (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 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 Chili Chayote (67Cal)(55Na)(13Carb)	Creamed Corn and Scallion Pudding (138Cal)(547Na)(12Carb)	Steamed Peas and Carrots (48Cal)(59Na)(10Carb)	Braised Cabbage (58Cal)(38Na)(9Carb)

BSTE Bon Appetite Menu Monday, April 15 - Saturday, April 20

Monday - Saturday Weekly Special: Chilled Lemon Thyme Chicken Wrap
Green of the Week: Garlic Green Beans

Breakfast Special: Mushroom, Spinach, and Feta Cheese Quiche
Pie Special: Banana Cream Pie

	Monday, April 15	Tuesday, April 16	Wednesday, April 17	Thursday, April 18	Friday, April 19	Saturday, April 20
Soup	SR Turkey Noodle Soup (112Cal)(299Na)(13Carb)	Tortilla Soup (308Cal)(1028Na)(38Carb)	Beef Noodle Soup (99Cal)(603Na)(13Carb)	Broccoli Cheese Soup (82Cal)(193Na)(11Carb)	New England Clam Chowder (265Cal)(1224Na)(17Carb)	Chicken Noodle Soup (61Cal)(529Na)(7Carb)
Entrée 1	BBQ Pork Loin (145Cal)(538Na)(15Carb)	Honey Lime Chicken (164Cal)(158Na)(8Carb)	Chipotle Orange Pork (296Cal)(432Na)(4Carb)	Sweet Italian Sausage (272Cal)(672Na)(1.6Carb)	Baked Cod Filet (213Cal)(660Na)(0.7Carb)	Turkey Meatloaf (224Cal)(230Na)(10Carb)
Entrée 2	Oven Fried Chicken (229Cal)(257Na)(8Carb)	Beef Picadillo (301Cal)(244Na)(9Carb)	Herb Crusted Tilapia (187Cal)(200Na)(6Carb)	Thai Basil Shrimp Stir-fry (306Cal)(1302Na)(19Carb)	Lemon Rosemary Chicken Breast (186Cal)(143Na)(1.2Carb)	Tuna Casserole (509Cal)(937Na)(31Carb)
Starch	Cheese Grits (86Cal)(189Na)(13Carb)	SR Couscous (116Cal)(27Na)(18Carb)	Whipped Sweet Potatoes (90Cal)(179Na)(14Carb)	Cheese Tortellini (252Cal)(280Na)(37Carb)	Wild Rice Blend (103Cal)(342Na)(17Carb)	Smashed Red Potatoes (112Cal)(118Na)(18Carb)
Starch	Mashed Potatoes with Gravy (269Cal)(416Na)(21Carb)	Spanish Rice (82Cal)(55Na)(14Carb)	Rice Pilaf (135Cal)(164Na)(28Carb)	Pork Egg Roll (152Cal)(200Na)(12Carb)	Roasted Yukon Potatoes (173Cal)(494Na)(23Carb)	Steamed Corn on the Cob (58Cal)(0.6Na)(13Carb)
Vegetable	Succotash (100Cal)(50Na)(18Carb)	Grilled Asparagus (24Cal)(134Na)(2Carb)	Lima Beans (97Cal)(97Na)(18Carb)	Green Beans (50Cal)(103Na)(6Carb)	Sauteed Broccoli (27Cal)(48Na)(4Carb)	Seasoned Garden Vegetables (29Cal)(40Na)(6Carb)
Vegetable	SR Sauteed Spinach (54Cal)(48Na)(2Carb)	SR Sauteed Zucchini (41Cal)(6Na)(2Carb)	Seasoned Carrots (70Cal)(271Na)(9Carb)	Thyme Roasted Mushrooms and Onions (71Cal)(59Na)(8Carb)	Roasted Brussel Sprouts (44Cal)(140Na)(6Carb)	Roasted Cauliflower (36Cal)(106Na)(2Carb)

BSTE Bon Appetite Menu Monday, April 22 – Saturday, April 27

Monday - Saturday Weekly Special: Cucumber and Tomato Sandwich
Green of the Week: Lemon Pepper Asparagus

Breakfast Special: Vanilla French Toast
Pie Special: Apple

	Monday, April 22	Tuesday, April 23	Wednesday, April 24	Thursday, April 25	Friday, April 26	Saturday, April 27
Soup	Minestrone Soup (90Cal)(144Na)(16Carb)	SR Cream of Spinach Soup (191Cal)(230Na)(11Carb)	French Onion Soup (99Cal)(226Na)(13Carb)	Black-Eyed Pea Soup (133Cal)(391Na)(23Carb)	New England Clam Chowder (265Cal)(1224Na)(17Carb)	Vegetable Soup (58Cal)(419Na)(9Carb)
Entrée 1	Chicken & Mushroom Meatballs (207Cal)(330Na)(9Carb)	Sesame Chicken (201Cal)(576Na)(8Carb)	Carolina BBQ Pork Sandwich (504Cal)(830Na)(64Carb)	Shrimp Creole (116Cal)(234Na)(9Carb)	Baked Fish Vera Cruz (163Cal)(470Na)(6Carb)	Spaghetti and Meatballs (575Cal)(723Na)(66Carb)
Entrée 2	Crab Cakes (158Cal)(563Na)(4Carb)	Lamb Rogan Josh (403Cal)(1089Na)(21Carb)	Sweet Chili Glazed Salmon (268Cal)(411Na)(9Carb)	Braised Beef Tips (208Cal)(112Na)(10Carb)	Ham with Pineapple (215Cal)(1007Na)(29Carb)	London Broil; Flank Steak (250Cal)(231Na)(1.3Carb)
Starch	Scalloped Potatoes (199Cal)(302Na)(29Carb)	Lo Mein Noodles (115Cal)(186Na)(20Carb) Pork Egg Roll (100Cal)(200Na)(12Carb)	Rice Pilaf (119Cal)(37Na)(24Carb)	Herbed Polenta (78Cal)(192Na)(15Carb)	Wild Rice (90Cal)(112Na)(17Carb)	Garlic Breadstick (85Cal)(127Na)(12Carb)
Starch	Penne Pasta (105Cal)(76Na)(18Carb)	Jasmine Rice (110Cal)(2Na)(24Carb)	Sweet Potato Fries (326Cal)(285Na)(38Carb)	Buttered Egg Noodles (146Cal)(124Na)(25Carb)	Mashed Yukon Potatoes (99Cal)(182Na)(15Carb)	Toasted Barley Pilaf (120Cal)(89Na)(26Carb)
Vegetable	Peas and Mushrooms (77Cal)(71Na)(11Carb)	Ginger Scallion Bok Choy (49Cal)(272Na)(2Carb)	Sautéed Broccoli (27Cal)(48Na)(4Carb)	Tomato Basil Squash (42Cal)(77Na)(5Carb)	Peas and Carrots (74Cal)(97Na)(11Carb)	Grilled Zucchini (54Cal)(119Na)(3Carb)
Vegetable	Coleslaw (68Cal)(320Na)(10Carb)	Steamed Cauliflower (16Cal)(20Na)(3Carb)	Asparagus with Lemon Sauce (129Cal)(299Na)(9Carb)	Seasoned Cabbage (38Cal)(234Na)(8Carb)	SR Collard Greens (33Cal)(45Na)(6Carb)	Onions and Peppers (127Cal)(91Na)(7Carb)

Superfood of the Month: Mushrooms

Mushrooms contain health-boosting vitamins and minerals, along with protein and fiber. For example, one cup of cremini mushrooms has only 15 calories, but 2 grams of protein and nearly 1 gram of fiber.

Mushrooms also contain compounds (including polysaccharides and sterols) that may help protect your health and prevent disease. Nutrients in mushrooms include:

- Selenium: Helps your body make antioxidants to prevent cell damage.
- Vitamin B6: Supports your nervous system and helps form red blood cells.
- Riboflavin, niacin, and pantothenic acid: Help carry out several metabolic reactions and are involved in the production of energy.
- Potassium: Identified in the 2020 Dietary Guidelines for Americans as an under consumed nutrient. Helps muscles contract, assists with fluid balance and maintains normal blood pressure.

Pressure-Cooker Mushroom Pork Ragout

INGREDIENTS

- 1 pork tenderloin (3/4 pound)
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1-1/2 cups sliced fresh mushrooms
- 3/4 cup canned crushed tomatoes
- 3/4 cup reduced-sodium chicken broth, divided
- 1/3 cup sliced onion
- 1 tablespoon chopped sun-dried tomatoes (not packed in oil)
- 1-1/4 teaspoons dried savory
- 1 tablespoon cornstarch
- 1-1/2 cups hot cooked egg noodles

Prep Time: 20 minutes
Cook Time: 10 minutes
TOTAL TIME: 30 minutes



INSTRUCTIONS

1. Rub pork with salt and pepper; cut in half. Place in a 6-qt. electric pressure cooker. Top with sliced mushrooms, tomatoes, 1/2 cup broth, onion, sun-dried tomatoes, and savory.
2. Lock lid and close pressure-release valve. Adjust to pressure-cook on high for 6 minutes. Quick-release pressure. (A thermometer inserted in the pork should read at least 145°.) Remove pork; keep warm.
3. In a small bowl, mix cornstarch and remaining broth until smooth; stir into the pressure cooker. Select the sauté setting and adjust for low heat. Simmer, stirring constantly, until thickened, 1-2 minutes. Serve with noodles.