

BON APPÉTIT

EAST

MAY 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
Executive Chef: Avin Bhajan
Hospitality Manager: Yolanda King

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

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

Thursday, **May 2**: World Tuna Day! What will Chef fish up?

Saturday, **May 4**: Kentucky Derby Day! What a horse of a special

Sunday, **May 5**: Cinco de Mayo

Thursday, **May 9**: National Moscato Day!

Friday, **May 10**: National Shrimp Day!

Sunday, **May 12**: Mother's Day Brunch!

Monday, **May 13**: International Hummus Day!

Thursday, **May 16**: National BBQ Day!

Monday, **May 20**: National Quiche Lorraine Day!

Saturday, **May 25**: National Wine Day!

Sunday, **May 26**: Indianapolis 500! What will Chef RACE to the finish line with?

Monday **May 27**: Memorial Day!

Tuesday **May 28**: National Hamburger Day!

March Superfood: Leafy Greens

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 Appétit Menu Monday, 29 April - Saturday, 4 May

Monday - Saturday Weekly Special: Lamb Gyro
Green of the Week: Steamed Garlic Brussels

Breakfast Special: Migas
Pie Special: Strawberry Rhubarb

	Monday 29 April	Tuesday 30 April	Wednesday 1 May	Thursday 2 May	Friday 3 May	Saturday 4 May
Soup	Tomato Florentine (92Cal)(143Na)(17Carb)	Minestrone (90Cal)(144Na)(16Carb)	Stuffed Pepper (175Cal)(529Na)(12Carb)	Borscht (165Cal)(459Na)(11Carb)	New England Clam Chowder (265Cal)(1224Na)(17Carb)	Thai Forbidden Chicken (240Cal)(670Na)(19Carb)
Entrée 1	Chicken Fricassee (146Cal)(295Na)(4Carb)	Salisbury Steak (315Cal)(1108Na) (12Carb)	Mojo Pork (149Cal)(97Na)(1Carb)	Hungarian Beef Stew (241Cal)(205Na)(16Carb)	Pork Dijonnaise (132Cal)(689Na)(4Carb)	Sweet and Sour Chicken (266Cal)(553Na)(29Carb)
Entrée 2	Salmon Croquettes (457Cal)(481Na)(47Carb)	Crunchy Baked Cod (458Cal)(481Na)(47Carb)	Jerk Shrimp (64Cal)(205Na)(1Carb)	Chicken Cordon Bleu (430Cal)(780Na)(17Carb)	Shrimp Etouffee (276Cal)(1224Na)(13Carb)	Teriyaki Pot Rost (244Cal)(351Na)(13Carb)
Starch	Fettuccine Pasta (112Cal) (93Na)(34Carb)	Herbed Rice Pilaf (28Cal)(125Na)(26Carb)	Smashed Plantain (16Cal)(366Na)(29Carb)	Bowtie Pasta (110Cal)(1Na)(22Carb)	Cornbread Stuffing (159Cal)(187Na)(23Carb)	Vegetarian Egg Roll (135Cal)(1137Na)(20Carb)
Starch	Herbed Barley (169Cal) (82Na)(21Carb)	Mashed Potato (96Cal)(280Na)(17Carb)	Cuban Black Beans (86Cal)(249)(14Carb)	Dijon Roasted Potato Salad (241Cal)(531Na)(30Carb)	Brown Rice (159Cal)(5Na)(33Carb)	Jasmin Fried Rice (260Cal)(102Na)(46Carb)
Vegetable	Fried Green Tomatoes (122Cal) (194Na)(13Carb)	Sauteed Swiss Chard (43Cal)(232Na)(5Carb)	Pickled Okra (20Cal)(633Na)(4Carb)	Green Beans (50Cal)(103Na)(6Carb)	Steamed Broccoli (24Cal)(23Na)(5Carb)	Seasoned Edamame (83Cal)(81Na)(6Carb)
Vegetable	Roasted Asparagus (25Cal)(40Na)(3Carb)	SR Roasted Carrots (57Cal)(63Na)(9Carb)	Roasted Tomatoes (20Cal)(95Na)(2Carb)	Steamed Yello Squash (41Cal)(30Na)(3Carb)	Okra and Tomato (45Cal)(64Na)(8Carb)	Vegetable Stir Fry (69Cal)(34Na)(6Carb)

BSTE Bon Appétit Menu Monday, 6 May - Saturday, 11 May

Monday - Saturday Weekly Special: Bay Shrimp Cocktail
Green of the Week: Fried Zucchini

Breakfast Special: Pecan Buttermilk Pancakes
Pie Special: Coconut Cream Pie

	Monday 6 May	Tuesday 7 May	Wednesday 8 May	Thursday 9 May	Friday 10 May	Saturday 11 May
Soup	Cream of Cauliflower and Cheese (226Cal)(343Na)(11Carb)	SR Split Pea (118Cal)(190Na)(16Carb)	Tomato (56Cal)(323Na)(13Carb)	Italian Wedding (88Cal)(557Na)(4Carb)	New England Clam Chowder (265Cal)(1224Na)(17Carb)	Pepper Cabbage (97Cal)(461Na)(8Carb)
Entrée 1	Beef Enchiladas (647Cal)(1802Na)(48Carb)	Turkey Pot Pie with Biscuits (470Cal)(1543Na)(55Carb)	Chicken Jalfrezi (Curried Chicken) (332Cal)(599Na)(7Carb)	Honey Bourbon Pork Loin (201Cal)(428Na)(12Carb)	White Chili with Turkey (292Cal)(401Na)(24Carb)	Beer Sauerbraten (317Cal)(553Na)(12Carb)
Entrée 2	Tomato Basil Baked Cod (101Cal)(423Na)(3Carb)	Ham Cheddar Quiche (237Cal)(642Na)(15Carb)	Grilled Teriyaki Tilapia (165Cal)(200Na)(4Carb)	Shrimp Scampi (308Cal)(484Na)(4Carb)	Oven Fried Catfish (166Cal)(220Na)((4Carb)	Buffalo Wings (692Cal)(1983Na)(5Carb)
Starch	Seasoned Pinto Beans (167Cal)(16Na)(31Carb)	Potato Hash (398Cal)(591Na)(32Carb)	Garlic Naan (380Cal)(950Na)(62Carb)	Roasted Sweet Potato (141Cal)(89Na)(24Carb)	Corn Bread (189Cal)(223Na)(29Carb)	Whipped Potatoes (160Cal)(58Na)(28Carb)
Starch	Couscous with Parsley (90Cal)(5Na)(19Carb)	Whipped Potatoes (160Cal)(58Na)(28Carb)	Fried Rice (122Cal)(98Na)(20Carb)	Garlic Butter Linguine (200Cal)(167Na)(35Carb)	Dirty Rice (155Cal)(47Na)(18Carb)	Buttered Orzo (241Cal)(129Na)(48Carb)
Vegetable	Steamed Corn Kernels (93Cal)(1Na)(18Carb)	Orange Glazed Carrots (51Cal)(53Na)(11Carb)	Roasted Yellow Squash (38Cal)(2Na)(4Carb)	Green Peas (79Cal)(2171Na)(14Carb)	Vegetable Medley (38Cal)(27Na)(8Carb)	Roasted Golden Beets (48Cal)(87Na)(6Carb)
Vegetable	Green Beans (50Cal)(103Na)(6Carb)	Snap Peas with Red Pepper (39Cal)(79Na)(3Carb)	Steamed Bok Choy (6Cal)(29Na)(1Carb)	Creamy Cheddar Cauliflower Grits (239Cal)(486Na)(6Carb)	Fried Okra (195Cal)(374Na)(22Carb)	Steamed Carrots (34Cal)(57Na)(8Carb)

BSTE Bon Appétit Menu Monday, 13 May - Saturday, 18 May

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 13 May	Tuesday 14 May	Wednesday 15 May	Thursday 16 May	Friday 17 May	Saturday 18 May
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 Sautéed Spinach (54Cal)(48Na)(2Carb)	SR Sautéed 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 Appétit Menu Monday, 20 May – Saturday, 25 May

Monday - Saturday Weekly Special: Cucumber and Tomato Sandwich Green of the Week: Lemon Pepper Asparagus				Breakfast Special: Vanilla French Toast Pie Special: Apple		
	Monday 20 May	Tuesday 21 May	Wednesday 22 May	Thursday 23 May	Friday 24 May	Saturday 25 May
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 and 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)	Indian Lamb Curry (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)	Herb 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)

BSTE Bon Appétit Menu Monday, 27 May – Friday, 1 June

Monday - Saturday Weekly Special: Lamb Gyro
Green of the Week: Steamed Garlic Brussels

Breakfast Special: Migas
Pie Special: Strawberry Rhubarb

	Monday 27 May	Tuesday 28 May	Wednesday 29 May	Thursday 30 May	Friday 31 May	Saturday 1 June
Soup	Tomato Florentine (92Cal)(143Na)(17Carb)	Minestrone (90Cal)(144Na)(16Carb)	Stuffed Pepper (175Cal)(529Na)(12Carb)	Borscht (165Cal)(459Na)(11Carb)	New England Clam Chowder (265Cal)(1224Na)(17Carb)	Thai Forbidden Chicken (240Cal)(670Na)(19Carb)
Entrée 1	Chicken Fricassee (146Cal) (295Na)(4Carb)	Salisbury Steak (315Cal)(1108Na) (12Carb)	Mojo Pork (149Cal)(97Na)(1Carb)	Hungarian Beef Stew (241Cal)(205Na)(16Carb)	Pork Dijonnaise (132Cal)(689Na)(4Carb)	Sweet and Sour Chicken (266Cal)(553Na)(29Carb)
Entrée 2	Salmon Croquettes (457Cal) (481Na)(47Carb)	Crunchy Baked Cod (458Cal)(481Na)(47Carb)	Jerk Shrimp (64Cal)(205Na)(1Carb)	Chicken Cordon Bleu (430Cal)(780Na)(17Carb)	Shrimp Etouffee (276Cal)(1224Na)(13Carb)	Teriyaki Pot Rost (244Cal)(351Na)(13Carb)
Starch	Fettuccine Pasta (112Cal) (93Na)(34Carb)	Herbed Rice Pilaf (28Cal)(125Na)(26Carb)	Smashed Plantain (16Cal)(366Na)(29Carb)	Bowtie Pasta (110Cal)(1Na)(22Carb)	Cornbread Stuffing (159Cal)(187Na)(23Carb)	Vegetarian Egg Roll (135Cal)(1137Na)(20Carb)
Starch	Herbed Barley (169Cal) (82Na)(21Carb)	Mashed Potato (96Cal)(280Na)(17Carb)	Cuban Black Beans (86Cal)(249Na)(14Carb)	Dijon Roasted Potato Salad (241Cal)(531Na)(30Carb)	Brown Rice (159Cal)(5Na)(33Carb)	Jasmin Fried Rice (260Cal)(102Na)(46Carb)
Vegetable	Fried Green Tomatoes (122Cal) (194Na)(13Carb)	Sauteed Swiss Chard (43Cal)(232Na)(5Carb)	Pickled Okra (20Cal)(633Na)(4Carb)	Green Beans (50Cal)(103Na)(6Carb)	Steamed Broccoli (24Cal)(23Na)(5Carb)	Seasoned Edamame (83Cal)(81Na)(6Carb)
Vegetable	Roasted Asparagus (25Cal) (40Na)(3Carb)	SR Roasted Carrots (57Cal)(63Na)(9Carb)	Roasted Tomatoes (20Cal)(95Na)(2Carb)	Steamed Yellow Squash (41Cal)(30Na)(3Carb)	Okra and Tomato (45Cal)(64Na)(8Carb)	Vegetable Stir Fry (69Cal)(34Na)(6Carb)

Superfood of the Month: Leafy Greens

They're Rich in Vitamins and Fiber! Boosts brain health, lowers risk of high blood pressure, supports bone health, improves inflammatory response, helps regulate blood glucose levels.

Spinach Frittata (Serves 4)

Prep Time: 5 minutes

Cook Time: 25 minutes

TOTAL TIME: 30 minutes

INGREDIENTS

- 1/2 onion chopped fine
- 1 cup thawed frozen chopped spinach
- 2 1/2 Tbsp extra virgin olive oil
- 7 eggs
- 2/3 cup Romano grated cheese



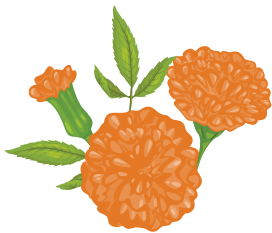
INSTRUCTIONS

1. Heat olive oil over medium heat in a medium saucepan.
2. 2 1/2 Tbsp extra virgin olive oil
3. Add the chopped onions and sauté 5-8 minutes or until soft and translucent.
4. Thaw and squeeze out the excess liquid from the spinach.
5. Add spinach to the onions and cook for 10 to 15 minutes until all liquid is evaporated.
6. Meanwhile, beat the eggs in a medium bowl.
7. Add the Romano cheese to the eggs and mix well.
8. When spinach has lost most of its moisture from cooking, add in the egg and cheese mixture.
9. Stir to make sure the egg and spinach are evenly blended, leaving no big clumps of spinach in a single spot.
10. Cook the spinach and egg mixture for 13 minutes or until the sides are firm and the inside is only slightly runny.
11. Place the frittata 6 inches below the broiler and broil for no more than 1 minute. Make sure center is firm.
12. Remove from oven promptly and serve warm.



Mother's Day Brunch

May 12, 2024



OMELETS

All omelets served with choice of toast

Denver Omelet 12

ham, cheese, peppers, onion, and cheddar cheese

Secret Garden Omelet 10

seasonal vegetables with cheddar cheese

Mom's Omelet 🦀 15

Old Bay seasoned lump crab meat, with peppers, and onions, topped with dill hollandaise sauce

EGGS N MORE

Mom's Pampered Pancakes 9

three fluffy house-made classic buttermilk pancakes, topped with candied pecans, whipped cream, and good ole real maple syrup choice of bacon or sausage, and house breakfast potatoes

Good Ole Texas Sweetheart Waffle 9

with white chocolate chips, topped with whipped cream cheese, and strawberry compote

The Ravenswood 8

two eggs any way, choice of bacon or sausage, served with house breakfast potatoes, and your choice of toast

Mamma's Sami "On the Go" 11

toasted croissant, pimento cheese, ham, tomato, and caramelized onions

Mom's Leftover in the Refrigerator Quiche 12

Who now's what busy mom is going to whip together!

BEST CHINA PLATES

Mom's Famous Pot Roast 18

fork tender braised beef, with roasted veggies, in a rich beef gravy, finished with sour cream mashed potatoes

Down Home Country Fried Steak 16

pan fried breaded tenderized beef cutlet, topped with cream gravy, sour cream mashed potatoes, and succotash

Mom's Smart Brain Dish 🐟 21

oven roasted snapper, fennel citrus slaw, potato hash, and asparagus

Daddy Pleaser 21

petite tenderloin, topped with caramelized onions, mushrooms, and demi-glace. Served with scrambled eggs, potato hash, and toast

SWEETS

Mom's Sweet Treats

Assorted selection of sweets

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

