

# BON APPÉTIT

WEST

MAY 2024

*Blue Skies*  
of Texas  
AT AIR FORCE VILLAGE

## 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)  
(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

## MAY BISTRO SPECIALS

Italian Hoagie with Bag of Chips \$12

Caprese Wedge Salad \$8,  
Add Chicken \$4

Cherry Lemonade, \$2

## SAVE THE DATE:

Thursday, May 2 - Coffee with Chef - 9:30-10:30am - Roadrunner Lounge

Wednesday, May 8 - 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: Sweet & Sour Pork, Jasmine Rice, Stir Fry Vegetables & Side Salad, \$11.50. Available 4-6:30pm.

Sunday, May 12 - Mother's Day Buffet - Reservations opened on Friday, April 12 at 11am. Reservations close on Friday, May 3 at 11am. Take-Out: 10:30-11am. (Reservations not required). Dine-In: 11:30am - 1:30pm (Reservations Required). You 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. \$37 per person.

Wednesday, May 15 - Teaching Kitchens - Main Lobby - 2pm - Superfood Leafy Greens

Saturday, May 18 - Prix Fixe Dinner - Cycle menu will be available for lunch only. Prix Fixe dinner will be available 4-6:30pm. Reservations required for dine-in. Reservations open 10 days in advance, on Wednesday, May 8. Dinner A La Carte menu will not be available this evening.

# NOTES FROM THE DIRECTOR OF DINING SERVICES

**Uniguest Community Apps** ~ TouchTown app has had a recent makeover, and the app is now known as Uniguest Community Apps. All logins will remain the same, and all information will remain in the same categories. Now, when looking for TouchTown on your phone, look for the yellow "U" instead.



**For parties larger than 8** in the dining room for normal dinner service, a required pre-order form must be turned in 3 days in advance with a max amount of people being 16 guests. For dinner parties larger than 16 guests, please see Nikki, Judith or Moniesha to organize catering event, labor fees will be applied to these catering events.

**Themed Menu** ~ There will be a themed menu every 3rd Wednesday of the month. This month, on Wednesday, **May 15**, the theme will be Aloha! This Hawaiian menu will be available for \$11.50. Please see Wednesday, May 15 for the menu. Two featured sides will be carried over to dine in for dinner service, 5-6:30pm.

**Prix-Fixe** ~ For the Pre-Fixe menu on Saturday, **May 18** - Please see Uniguest Dining Room Menus, or visit [bstwresidentsportal.com](http://bstwresidentsportal.com). Signage will also be advertised at The Lakeview cash stands

**Non-Alcoholic Wines Available** at The Lakeview. Offerings are Ariel Chardonnay or Ariel Cabernet Sauvignon. While supplies lasts.

**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.

# Menu: Sunday, April 28 - Saturday, May 4

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Apr 28	Apr 29	Apr 30	May 1	May 2	May 3	May 4
<b>Entrée 1</b>	Rotisserie Chimichurri Chicken	Fried Pork Chop	Garlic Herb Meatloaf with Gravy	Teriyaki Chicken Thigh	Baked Vegetable Ziti & Mozzarella	Fried Catfish	Mojo Marinated Skirt Steak
<b>Entrée 2</b>	Swedish Meatballs	Andouille Sausage & Chicken Gumbo	Lemon Pepper Roasted Chicken	Honey Hoisin Pork Loin	Balsamic Honey Marinated Chicken Thighs	BBQ Chicken Quarter	Jalapeno Cilantro Marinated Chicken Quarter
<b>Entrée 3 (lunch only) &amp; Dinner Take-out</b>	X	Blackened Fish (lunch only)	Barbecue Pork Loin (lunch only)	Tofu Stir Fry (lunch only)	Lemon Herb Salmon (lunch only)	BBQ Spareribs (lunch only)	Shrimp Fajitas (lunch only)
<b>Vegetable</b>	Sauteed Spinach	Braised Collard Greens	Peas & Carrots	Vegetable Stir Fry	Fresh Steamed Broccoli	Green Beans	Onions & Peppers
<b>Vegetable</b>	Fresh Steamed Broccoli	Steamed Carrots	Steamed Summer Squash	Garlic Sweet Chili Edamame	Sherried Mushrooms	Cream Style Corn	Peas & Carrots
<b>Vegetable</b>	Roasted Zucchini	Whole Kernal Corn	Grilled Asparagus	Fresh Green Beans	Roasted Yellow Squash	Braised Red Cabbage with Raisins	Sauteed Zucchini
<b>Starch</b>	Mashed Potatoes with Gravy	Cheese Grits	Caramelized Onion Risotto with Peas	Jasmine Rice	Creamy Polenta	Baked Beans	Spanish Rice
<b>Starch</b>	Herbed Rice Pilaf	Red Beans & Rice	Garlic Mashed Potatoes with Gravy	Scallion Oil Noodles	Roasted Herb Potatoes	Loaded Mashed Potatoes	Pinto Beans
<b>Soup</b>	Mushroom Barley Soup	Summer Vegetable Quinoa & Black Bean Soup	Spring Vegetable Soup	Sesame Noodle Soup	Vegetarian Minestrone Soup	New England Clam Chowder	Chicken Tortilla Soup
<b>ITEMS BELOW ONLY AVAILABLE AT LUNCH TIME</b>							
<b>Lunch Salad / Cold</b>	X	Southwest Chicken Salad	Southwest Chicken Salad	Southwest Chicken Salad	Steakhouse Salad	Steakhouse Salad	Steakhouse Salad
<b>Lunch Sandwich</b>	X	Cubano	Cubano	Cubano	Gyro	Gyro	Gyro
<b>Lunch Grill Special</b>	X	Chicken Fajita Tacos	Chicken Fajita Tacos	Chicken Fajita Tacos	Turkey Burger	Turkey Burger	Turkey Burger

**Bistro special April 29-May3:** Carolina BBQ Pulled Pork Sandwich with Bag of Chips \$12

# Menu: Sunday, May 5 - Saturday, May 11

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	May 5	May 6	May 7	May 8 <b>LUNCH TAKE OUT ONLY</b>	May 9	May 10	May 11
<b>Entrée 1</b>	Roasted Pork Loin	Chicken Fried Chicken with Country Gravy	Roast Beef with Au Jus	Chicken Cordon Bleu (lunch only)	Italian Parmesan Pork Cutlet	Salisbury Steak with Gravy	Crispy Fried Catfish
<b>Entrée 2</b>	Lemon Rosemary Chicken Thigh	Homemade Meatloaf with Gravy	Grilled Lemon Chicken	Kielbasa with Peppers & Onions (lunch only)	Pasta Bake Cheese Ravioli Bolognese	Grilled Chicken Thigh with Fresh Herbs	Meatballs & Spaghetti
<b>Entrée 3 (lunch only) &amp; Dinner Take-out</b>	X	Stuffed Vegetarian Cabbage (lunch only)	Baked Fish (lunch only)	Ground beef Stroganoff (lunch only)	Garlic Herb Roasted Quarter (lunch only)	Crab Cake with Dijonnaise Sauce (lunch only)	Citrus Marinated Pork Loin (lunch only)
<b>Vegetable</b>	Sauteed Spinach	Summer Succotash	Whole Kernal Corn	Steamed Green Beans	Eggplant with Tomatoes & Onion	Steamed Cauliflower	Corn, Okra, Tomato & Bacon Casserole
<b>Vegetable</b>	Roasted Broccoli	Steamed Cauliflower	Steamed Zucchini	Fresh Roasted Asparagus	Zucchini with Pimento	Roasted Yellow Squash	Steamed Green Beans
<b>Vegetable</b>	Green Beans	Roasted Yellow Squash	Peas & Bacon	Roasted Brussel Sprouts	Steamed Peas	Whole Kernal Corn	Mushroom Ragout
<b>Starch</b>	Roasted Potato Wedges	Sour Cream & Chive Mashed Potatoes	Vegetable Quinoa Casserole	Buttered Ziti with Herbs	Almond Orzo Pilaf	Yukon Gold Mashed Potatoes	Roasted Potato Wedges
<b>Starch</b>	Chard & Spring Farro Risotto	Rice Pilaf	Sweet Pea Orzo	Brown Butter & Scallion Mashed Potatoes	Sweet Potato Wedges	Garlic Rice	Red Beans & Rice
<b>Soup</b>	Summer Vegetable Chicken & Orzo Soup	Roasted Onion & Mushroom	Manhattan Clam Chowder	Chicken & Farro Soup	Lentil Soup	New England Clam Chowder	Chicken Noodle Soup
<b>ITEMS BELOW ONLY AVAILABLE AT LUNCH TIME</b>							
<b>Lunch Salad / Cold</b>	X	Strawberry Poppyseed Salmon Salad	Strawberry Poppyseed Salmon Salad	Strawberry Poppyseed Salmon Salad	Shrimp & Mango Stuffed Avocado	Shrimp & Mango Stuffed Avocado	Shrimp & Mango Stuffed Avocado
<b>Lunch Sandwich</b>	X	Philly Cheesesteak	Philly Cheesesteak	Philly Cheesesteak	BLTA	BLTA	BLTA
<b>Lunch Grill Special</b>	X	Cilantro Lime Chicken Quesadilla	Cilantro Lime Chicken Quesadilla	Cilantro Lime Chicken Quesadilla	Chicken Wings	Chicken Wings	Chicken Wings

**Bistro special May 6-10: Chili Cheese Dogs with Bag of Chips \$5**



# Menu: Sunday, May 12 - Saturday, May 18

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	<b>May 12</b> <b>MOTHERS</b> <b>DAY BUFFET</b>	<b>May 13</b>	<b>May 14</b>	<b>May 15</b> <b>Aloha</b> <b>Theme Day</b>	<b>May 16</b> <b>National</b> <b>BBQ Day</b>	<b>May 17</b>	<b>May 18</b> <b>PRIX FIXE</b> <b>DINNER</b>
<b>Entrée 1</b>	Please see attached menu	Rotisserie Chicken Quarter	BBQ Pulled Pork	Huli-huli Pineapple Chicken	BBQ Brisket	Meatloaf with Gravy	Cheese Manicotti w/ Pesto Cream Sauce (lunch only)
<b>Entrée 2</b>	Please see attached menu	Italian Herb Roasted Pork Loin	Lemon Chicken	Loco Moco (Ground Beef, Egg & White Rice)	Smoked Sausage	Rosemary Garlic Marinated Chicken	Beef Liver & Onions (lunch only)
<b>Entrée 3 (lunch only) &amp; Dinner Take-out</b>	X	Country Fried Steak with Country Gravy (lunch only)	Pecan Crusted Tilapia (lunch only)	Kalua Pork (lunch only)	BBQ Ribs (lunch only)	Honey Bourbon Pork Loin (lunch only)	Pineapple Cilantro Marinated Chicken Thighs (lunch only)
<b>Vegetable</b>	Please see attached menu	Collard Greens	Seasoned Green Beans	Shoyu Wax Beans	Fresh Steamed Broccoli	Peas & Carrots	Sauteed Fresh Vegetable Medley
<b>Vegetable</b>	Please see attached menu	Sauteed Zucchini	Sauteed Spinach	Coconut Ginger Carrots	Roasted Zucchini	Roasted Brussel Sprouts	Steamed Green Beans
<b>Vegetable</b>	Please see attached menu	Fried Okra	Steamed Yellow Squash	Grilled Bell Peppers & Zucchini	Grilled Asparagus	Steamed Cauliflower	Whole Kernal Corn
<b>Starch</b>	Please see attached menu	Mashed Potato & Gravy	Tomato Couscous	Pineapple Fried Rice	Baked Beans	Quinoa Parmesan & Basil	Buttermilk Chive Mashed Potatoes
<b>Starch</b>	Please see attached menu	Black Beans & Rice	Red Roasted Potatoes	Hawaiian Baked Beans	Potato Salad	Yukon Gold Mashed Potatoes	Lemon Rice Pilaf
<b>Soup</b>	Please see attached menu	Mushroom & Wild Rice	Bean Soup	Coconut Chicken Soup	Beef Barley	Seafood Chowder	Vegetable Quinoa & Black Bean Soup
<b>ITEMS BELOW ONLY AVAILABLE AT LUNCH TIME</b>							
<b>Lunch Salad / Cold</b>	X	Crispy Chicken Salad	Crispy Chicken Salad	Crispy Chicken Salad	Grilled Salmon Cobb	Grilled Salmon Cobb	Grilled Salmon Cobb
<b>Lunch Sandwich</b>	X	Loaded Brisket Baker	Loaded Brisket Baker	Loaded Brisket Baker	Beef Fajita Nachos	Beef Fajita Nachos	Beef Fajita Nachos
<b>Lunch Grill Special</b>	X	Patty Melt	Patty Melt	Patty Melt	Handheld Chicken & Waffle	Handheld Chicken & Waffle	Handheld Chicken & Waffle

**Bistro special May 13-17: Chicken & Pepperoni Provolone Melt with Marinara on Hoagie with Chips \$10**

# Menu: Sunday, May 19- Saturday, May 25

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	May 19	May 20	May 21	May 22	May 23	May 24	May 25
<b>Entrée 1</b>	Roast Eye of Round Beef	Garlic Herb Roasted Chicken Quarter	Steakhouse Marinated Skirt Steak	Meatloaf with Gravy	Pesto Marinated Chicken Thigh	BBQ Chicken Quarter	Salisbury Steak with Demi Glace
<b>Entrée 2</b>	Lemon Rosemary Chicken Thigh	Swedish Meatballs	Citrus Marinated Pork Loin	Pasta Bake Turkey Bolognese with Penne	Rosemary Parmesan Breaded Pork Chop	Pulled Pork	Vegetarian Lasagna
<b>Entrée 3 (lunch only) &amp; Dinner Take-out</b>	X	Lemon Herb Flounder (lunch only)	Garlic Herb Crusted Cod (lunch only)	Breaded Chicken Tenders (lunch only)	Dijon Crusted Salmon (lunch only)	Grilled Smoked Sausage (lunch only)	Beer Battered Cod (lunch only)
<b>Vegetable</b>	Steamed Peas	Steamed Corn Kernels	Creamed Spinach	Fresh Steamed Broccoli	Seasoned Green Beans	Fresh Steamed Broccoli	Seasoned Carrots
<b>Vegetable</b>	Orange Glazed Carrots	Roasted Asparagus	Roasted Tomato Wedge	Braised Greens	Steamed Yellow Squash	Roasted Cauliflower	Spinach with Mushrooms
<b>Vegetable</b>	Roasted Broccoli with Parmesan	Roasted Zucchini	Steamed Cauliflower	Roasted Zucchini	Grilled Asparagus	Vegetable Medley	Steamed Green Beans
<b>Starch</b>	Scalloped Potatoes	Mushroom & Wild Rice Pilaf	Mashed Sweet Potato	Mashed Potato with Gravy	Fried Potato Wedges	Baked Beans	Mashed Red Potatoes
<b>Starch</b>	Cornbread Stuffing	Yukon Gold Mashed Potatoes	Dijon Roasted Potatoes	Macaroni & Cheese	Tuscan Farro Risotto	Loaded Mashed Potatoes	Lemon Rice Pilaf
<b>Soup</b>	Italian Wedding Soup	Chicken Noodle Soup	Beef Vegetable Soup	Chicken Rice Soup	Vegetable Soup with Edamame	New England Clam Chowder	Lentil Sausage Soup
<b>ITEMS BELOW ONLY AVAILABLE AT LUNCH TIME</b>							
<b>Lunch Salad / Cold</b>	X	Crab Stuffed Avocado	Crab Stuffed Avocado	Crab Stuffed Avocado	Chicken Caprese Wrap	Chicken Caprese Wrap	Chicken Caprese Wrap
<b>Lunch Sandwich</b>	X	BSTW Stackhouse	BSTW Stackhouse	BSTW Stackhouse	French Dip	French Dip	French Dip
<b>Lunch Grill Special</b>	X	Crispy Chicken Club	Crispy Chicken Club	Crispy Chicken Club	Fried Fish Basket	Fried Fish Basket	Fried Fish Basket

**Bistro special May 20-24: Shrimp Quesadillas with Salsa \$14**

# Menu: Sunday, May 26 - Saturday, June 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	<b>May 26</b>	<b>May 27</b>	<b>May 28</b>	<b>May 29</b>	<b>May 30</b>	<b>May 31</b>	<b>Jun 1</b>
<b>Entrée 1</b>	Rotisserie Chimichurri Chicken	Fried Pork Chop	Garlic Herb Meatloaf with Gravy	Teriyaki Chicken Thigh	Baked Vegetable Ziti & Mozzarella	Fried Catfish	Mojo Marinated Skirt Steak
<b>Entrée 2</b>	Swedish Meatballs	Andouille Sausage & Chicken Gumbo	Lemon Pepper Roasted Chicken	Honey Hoisin Pork Loin	Balsamic Honey Marinated Chicken Thighs	BBQ Chicken Quarter	Jalapeno Cilantro Marinated Chicken Quarter
<b>Entrée 3 (lunch only) &amp; Dinner Take-out</b>	X	Blackened Fish (lunch only)	Barbecue Pork Loin (lunch only)	Tofu Stir Fry (lunch only)	Lemon Herb Salmon (lunch only)	BBQ Spareribs (lunch only)	Shrimp Fajitas (lunch only)
<b>Vegetable</b>	Sauteed Spinach	Braised Collard Greens	Peas & Carrots	Vegetable Stir Fry	Fresh Steamed Broccoli	Green Beans	Onions & Peppers
<b>Vegetable</b>	Fresh Steamed Broccoli	Steamed Carrots	Steamed Summer Squash	Garlic Sweet Chili Edamame	Sherried Mushrooms	Cream Style Corn	Peas & Carrots
<b>Vegetable</b>	Roasted Zucchini	Whole Kernal Corn	Grilled Asparagus	Fresh Green Beans	Roasted Yellow Squash	Braised Red Cabbage with Raisins	Sauteed Zucchini
<b>Starch</b>	Mashed Potatoes with Gravy	Cheese Grits	Caramelized Onion Risotto with Peas	Jasmine Rice	Creamy Polenta	Baked Beans	Spanish Rice
<b>Starch</b>	Herbed Rice Pilaf	Red Beans & Rice	Garlic Mashed Potatoes with Gravy	Scallion Oil Noodles	Roasted Herb Potatoes	Loaded Mashed Potatoes	Pinto Beans
<b>Soup</b>	Mushroom Barley Soup	Summer Vegetable Quinoa & Black Bean Soup	Spring Vegetable Soup	Sesame Noodle Soup	Vegetarian Minestrone Soup	New England Clam Chowder	Chicken Tortilla Soup
<b>ITEMS BELOW <u>ONLY</u> AVAILABLE AT LUNCH TIME</b>							
<b>Lunch Salad / Cold</b>	X	Southwest Chicken Salad	Southwest Chicken Salad	Southwest Chicken Salad	Steakhouse Salad	Steakhouse Salad	Steakhouse Salad
<b>Lunch Sandwich</b>	X	Cubano	Cubano	Cubano	Gyro	Gyro	Gyro
<b>Lunch Grill Special</b>	X	Chicken Fajita Tacos	Chicken Fajita Tacos	Chicken Fajita Tacos	Turkey Burger	Turkey Burger	Turkey Burger

**Bistro special May 27-31: Pork Eggrolls with Sweet Chili Sauce \$6**

## May Bistro Specials

**April 29 - May 3:** Carolina BBQ Pulled Pork Sandwich with Bag of Chips \$12

**May 6 - May 10:** Chili Cheese Dogs with Bag of Chips \$5

**May 13 - May 17:** Chicken & Pepperoni Provolone Melt w/ Marinara on Hoagie with Chips \$10

**May 20 - May 24:** Shrimp Quesadilla with Salsa \$14

**May 27 - May 31:** Pork Eggrolls with Sweet Chili Sauce \$6



## National Food Days

Sunday - **May 5** - Cinco de Mayo - Chefs Breakfast Special at The Lakeview: Barbacoa Breakfast Plate, with Beans & Breakfast Potato, \$14. Order with server.

Friday, **May 10** - National Shrimp Day - Salmon & Shrimp Dinner Special Duo available at The Lakeview - \$27 - 4-6:30pm - while supplies lasts.

Thursday, **May 16** - National Barbecue Day - Barbecue themed cycle menu available 11am - 1pm & 4-6:30pm, \$11.50. Includes 2 sides and soup or salad.

Saturday, **May 25** - National Wine Day - Featured Wines available at The Lakeview. Please see Cashier for more details.

Tuesday, **May 28** - National Hamburger Day - Build Your Own Burger available at The Lakeview, 11am - 1pm, \$13.95. Choice of House Made Veggie Burger, Hamburger or Turkey Burger. Order with cashier. Be sure to visit the assorted toppings bar.





*The Lakeview*

# Mother's Day Buffet

Sunday, May 12, 2024

Choice of 2 Entrees & Unlimited Savory Sides

## Entrees

**Garlic & Herb Baseball Cut Strip Loin**

Rosemary Jus

**Apple Bourbon Glazed Pork Shoulder**

**Pecan Crusted Trout**

Franciscan Chardonnay Beurre Blanc

## Side Choices

Marble Potatoes, Creamy Boursin Mashed Potatoes,  
Spring Pea & Chive Risotto, Champagne Vinegar Grilled  
Eggplant, Green Bean Almandine, Grilled Asparagus with  
Fire Roasted Tomatoes

Chilled Gulf Shrimp, Chef's Soup of the Day, Charcuterie  
& Cheese Selection, Chefs Action Station, Assorted Salad  
Station,  
Dessert Display Table

*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, April 12th at 11am**

Please make your reservations by Friday, May 3rd at 1pm. You may make your reservations through ResEasy (link on Uniguest or [bstwresidentsportal.com](http://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

# 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.