

# BON APPÉTIT

EAST

OCTOBER 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><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.</p>		

**Dining Services General Manager:** JMack  
**Executive Chef:** Avin Bhajan  
**Hospitality Manager:** Torry Winfrey  
**Team Lead:** Andrew Balderas

### 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

## ADDITIONAL INFORMATION:

**Reservations** can be made starting 14 days in advance, and end at 2pm the day prior to your desired reservation date.

ResEasy 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.

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

## National Food Days

Tuesday, **1 October**: World Vegetarian Day!

Wednesday, **2 October**: Rosh Hashanah!

Friday, **4 October**: National Taco Day!

Friday, **11 October**: Yom Kippur!

Monday, **14 October**: National Dessert Day!

Friday and Saturday, **18 and 19 October**: Destination Dining Hawaii!

Friday, **25 October**: National Pasta Day!

Monday, **28 October**: National Chocolate Day!

Thursday, **31 October**: Halloween!

Culinary Innovation National Italian American and Filipino Heritage Month!  
*We will be celebrating with specials throughout the month!*

**October Superfood: Pumpkin**

## 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, 30 September - Saturday, 5 October

Monday - Saturday Weekly Special: Shrimp Roll Green of the Week: Lemon Pepper Brussel Sprouts				Breakfast Special: Blueberry Pancakes Pie Special: Pecan Pie		
	Monday 30 September	Tuesday 1 October	Wednesday 2 October	Thursday 3 October	Friday 4 October	Saturday 5 October
<b>Soup</b>	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)
<b>Entrée 1</b>	BBQ Pork Loin (145Cal)(528Na)(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)
<b>Entrée 2</b>	Oven Fried Chicken (227Cal)(257Na)(8.5Carb)	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)
<b>Starch</b>	Cheesy Grits (86Cal)(189Na)(13Carb)	SR Couscous (116Cal)(27Na)(18Carb)	Whipped Sweet Potatoes (90Cal)(179Na)(14Carb)	Cheese Tortellini (252Cal)(280Na)(37Carb) Jasmine Rice (110Cal)(2Na)(24Carb)	Wild Rice Blend (103Cal)(342Na)(17Carb)	Smashed Red Potatoes (112Cal)(118Na)(18Carb)
<b>Starch</b>	Loaded Mashed Potatoes (121Cal)(260Na)(18Carb)	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)
<b>Vegetable</b>	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)
<b>Vegetable</b>	SR Sauteed Spinach (54Cal)(48Na)(2.2Carb)	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, 7 October - Saturday, 12 October

Monday - Saturday Weekly Special: Mixed Bean Salad Green of the Week: Sauteed Garlic Spinach				Breakfast Special: Mini Denver Frittata Pie Special: Peach Pie		
	Monday 7 October	Tuesday 8 October	Wednesday 9 October	Thursday 10 October	Friday 11 October	Saturday 12 October
<b>Soup</b>	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)
<b>Entrée 1</b>	Veal Marsala (298Cal)(204Na)(12Carb)	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)
<b>Entrée 2</b>	Crab Cakes with Dijonnaise (347Cal)(302Na)(29Carb)	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)	Tri-Tip Steak (241Cal)(75Na)(1Carb)
<b>Starch</b>	Scalloped Potatoes (199Cal)(953Na)(28.4Carb)	Lo Mein Noodles (115Cal)(186Na)(20Carb) Pork Egg Roll (100Cal)(200Na)(12Carb)	Rice Pilaf (119Cal)(37Na)(24Carb)	Cheese Grits (306Cal)(270Na)(42Carb)	Wild Rice (90Cal)(112Na)(17Carb)	Garlic Breadstick (85Cal)(127Na)(12Carb)
<b>Starch</b>	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)
<b>Vegetable</b>	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)
<b>Vegetable</b>	Pimento Coleslaw (61Cal)(299Na)(9Carb)	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 Appetite Menu Monday, 14 October – Saturday, 19 October

Monday - Saturday Weekly Special: Avocado Turkey Club Wrap Green of the Week: Steamed Green Beans				Breakfast Special: Huevos Rancheros Pie Special: Apple Pie		
	Monday 14 October	Tuesday 15 October	Wednesday 16 October	Thursday 17 October	Friday 18 October	Saturday 19 October
<b>Soup</b>	Tomato Florentine (92Cal)(143Na)(17Carb)	Corn Chowder (200Cal)(584Na)(20Carb)	Stuffed Pepper (175Cal)(529Na)(12Carb)	Borscht (165Cal)(459Na)(11Carb)	New England Clam Chowder (265Cal)(1224Na)(17Carb)	Thai Forbidden Chicken (240Cal)(670Na)(19Carb)
<b>Entrée 1</b>	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)
<b>Entrée 2</b>	Salmon Croquettes with Dijon (524Cal) (636Na)(52Carb)	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)
<b>Starch</b>	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)
<b>Starch</b>	Herbed Barley (169Cal) (82Na)(21Carb)	Loaded Baked Potato (121Cal)(260Na)(18Carb)	Cuban Black Beans (86Cal)(249Na)(14Carb)	Dijon Roasted Potato Salad (241Cal)(531Na)(30Carb)	Brown Rice (159Cal)(5Na)(33Carb)	Jasmin Fried Rice (260Cal)(102Na)(46Carb)
<b>Vegetable</b>	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)
<b>Vegetable</b>	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)

# BSTE Bon Appetite Menu Monday, 21 October – Saturday, 26 October

Monday - Saturday Weekly Special: Brie Cranberry/Apple Sandwich Green of the Week: Steamed Broccoli				Breakfast Special: Mini Waffles with Pecans Pie Special: Cherry Pie		
	Monday 21 October	Tuesday 22 October	Wednesday 23 October	Thursday 24 October	Friday 25 October	Saturday 26 October
<b>Soup</b>	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)
<b>Entrée 1</b>	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)	Beef Sauerbraten (317Cal)(553Na)(12Carb)
<b>Entrée 2</b>	Tomato Basil Baked Cod (101Cal)(423Na)(3Carb)	Ham Cheddar Quiche (237Cal)(642Na)(15Carb)	Baked Teriyaki Tilapia (165Cal)(200Na)(4Carb)	Shrimp Scampi (308Cal)(484Na)(4Carb)	Cajun Blackened Catfish (190Cal)(447Na)(1Carb)	Buffalo Wings (692Cal)(1983Na) (5Carb)
<b>Starch</b>	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)	Tater Tots (353Cal)(685Na)(5Carb)
<b>Starch</b>	Couscous with Parsley (90Cal)(5Na)(19Carb)	Garlic Chive Mash Potatoes (274Cal)(608Na)(27Carb)	Fried Rice (122Cal)(98Na)(20Carb)	Garlic Butter Linguine (200Cal)(167Na)(35Carb)	Dirty Rice (155Cal)(47Na)(18Carb)	Buttered Orzo (241Cal)(129Na) (48Carb)
<b>Vegetable</b>	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)
<b>Vegetable</b>	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 Appetite Menu Monday, 28 October - Saturday, 2 November

**Monday - Saturday Weekly Special:** Shrimp Roll  
**Green of the Week:** Lemon Pepper Brussel Sprouts

**Breakfast Special:** Blueberry Pancakes  
**Pie Special:** Pecan Pie

	<b>Monday 28 October</b>	<b>Tuesday 29 October</b>	<b>Wednesday 30 October</b>	<b>Thursday 31 October</b>	<b>Friday 1 November</b>	<b>Saturday 2 November</b>
<b>Soup</b>	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)
<b>Entrée 1</b>	BBQ Pork Loin (145Cal)(528Na)(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)
<b>Entrée 2</b>	Oven Fried Chicken (227Cal)(257Na)(8.5Carb)	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)
<b>Starch</b>	Cheesy Grits (86Cal)(189Na)(13Carb)	SR Couscous (116Cal)(27Na)(18Carb)	Whipped Sweet Potatoes (90Cal)(179Na)(14Carb)	Cheese Tortellini (252Cal)(280Na)(37Carb) Jasmine Rice (110Cal)(2Na)(24Carb)	Wild Rice Blend (103Cal)(342Na)(17Carb)	Smashed Red Potatoes (112Cal)(118Na)(18Carb)
<b>Starch</b>	Loaded Mashed Potatoes (121Cal)(260Na)(18Carb)	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)
<b>Vegetable</b>	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)
<b>Vegetable</b>	SR Sauteed Spinach (54Cal)(48Na)(2.2Carb)	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)



# Superfood of the Month: Pumpkin

Pumpkin is high in vitamins and minerals while being low in calories. It's also a great source of beta-carotene, a carotenoid that your body converts into Vitamin A.

## Pumpkin Muffins (12 muffins)

### INGREDIENTS

- 1/2 cup maple syrup or honey
- 1 1/2 cups pumpkin puree
- 2 eggs
- 1/4 cup milk regular or nondairy
- 2 teaspoons baking soda
- 2 teaspoons cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon ground ginger
- 1/2 teaspoon cloves
- 2 cups oat flour gluten free if necessary
- 1/2 cup chocolate chips

### INSTRUCTIONS

1. Preheat oven to 350 + prepare a greased or lined muffin tin.
2. In a large bowl or stand mixer, combine maple syrup, pumpkin puree, eggs, and milk.
3. Once combined, add in baking soda, cinnamon, nutmeg, ground ginger and cloves.
4. Add the oat flour to the wet ingredients. Mix until just combined (don't over mix!)
5. Gently fold in chocolate chips.
6. Pour batter into greased or lined muffin tins, filling each cup with about 1/3 cup batter. Sprinkle with extra chocolate chips on top if you'd like.
7. Bake at 350 for 20-25 minutes, until a toothpick comes out clean when inserted in the center of the muffins

