

BON APPÉTIT

WEST

JULY 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

JULY BISTRO SPECIALS

Turkey Pesto Wrap
with Bag of Chips \$11

Romaine Chicken Salad Wedge \$8

Passion Fruit Iced Tea \$2

SAVE THE DATE:

Tuesday, July 2 - Coffee with Chef - 9:30am - 10:30am - Road Runner Lounge
Thursday, July 4 - The Lakeview will be open for lunch 11am - 1pm and CLOSED for dinner service due to resident sponsored event. For information on the event, please check CC3 or contact Susan Griffith. Dining Services is not the host for this event.
Wednesday, July 10 - B&A - Lunch service will be take-out only and dinner service will not be available due to the B&A event. Bistro dinner special: Sausage, Grilled Peppers, Sour Cream Chive Mashed Potatoes and a Side Salad, \$11.50. Served 4-6:30pm.
Wednesday, July 17 - Theme Day - Cycle entrees will be Curry Day theme! Two featured sides will be carried over during dinner service along with two cycle entrees.
Saturday, July 20 - 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 & take-out. Reservations open 10 days in advance on Wednesday, July 10 and close Friday, July 19 at 11am. To make reservations for take-out, please sign-up in person at the cash stand in The Lakeview
Wednesday, July 24 - Teaching Kitchen - Main Lobby - 2pm - Superfood "Herbs & Spices"

NOTES FROM THE DIRECTOR OF DINING SERVICES

Prix Fixe - For the Pre-Fixe menu on Saturday, July 20 - Please see Uniguest Dining Room Menus, or visit bstwresidentsportal.com. Signage will also be advertised at The Lakeview cash stands. For take out reservations, please sign up in person at the cash stand at The Lakeview. Dine In reservations will be through ResEasy.

Thursday, **July 4** - The Lakeview will be open for lunch 11am - 1pm and CLOSED for dinner service due to resident sponsored event. For information on the Rudy's catered event, please check CC3 or contact Susan Griffith. Dining Services is not the host for this event.

Starting **July 1** - The resident monthly meal plan allotment will be increased to \$384 per person.

Starting **July 1** - Cycle Entrees (The 3 options on calendar menu in Bon Appetit) will be increased to \$12.10, this still includes 2 sides & soup or salad.

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.

July Bistro Specials

July 1-5: Pork Eggrolls with Sweet Chili Sauce, \$6

July 8-12: BBQ Pulled Pork Sandwich with Bag of Chips \$12

July 15-19: Chili Cheese Dog with Bag of Chips, \$12

July 22-26: Chicken & Pepperoni Melt with Marinara on Hoagie with Bag of Chips, \$10

July 29-Aug 2: Shrimp Quesadilla with Salsa, \$14



National Food Days

Friday, **July 12** - National Pecan Pie Day - Pecan Pie, \$3.75. Available at The Lakeview, 11am - 1pm & 4pm - 6:30pm

Tuesday, **July 16** - National Cherry Day - Cherry Mousse, \$3.00. Available at The Lakeview Dessert Station, 11am - 1pm

Tuesday, **July 23** - National Hot Dog Day - Senora Style Hot Dog with 1 Side, \$8. Available at The Lakeview, 11am - 1pm

Thursday, **July 25** - National Hot Fudge Sundae Day - Hot Fudge Sundae, Single Scoop \$5 or Double Scoop \$8. Available at The Bistro, 11am - 6:30pm

Tuesday, **July 30** - National Cheesecake Day - Assorted cheesecakes, \$5/slice. Available at The Lakeview, 11am - 1pm & 4pm - 6:30pm

Wednesday, **July 31** - National Avocado Day - Avocado Power Bowl, \$8. Available at The Bistro, while supplies lasts

Menu: Sunday, June 30 - Saturday, July 6

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	Jun 30	Jul 1	Jul 2	Jul 3	Jul 4 LUNCH ONLY	Jul 5	Jul 6
Entrée 1	Roasted Pork Loin	Chicken Fried Chicken Breast with Country Gravy	Roast Beef with Au Jus	Chicken Cordon Bleu	BBQ Spareribs (lunch only)	Salisbury Steak with Gravy	Crispy Fried Catfish
Entrée 2	Lemon Pepper Trout	Homemade Meatloaf with Gravy	Grilled Lemon Chicken	Kielbasa with Peppers & Onions	Smoked Chicken Quarters (lunch only)	Grilled Chicken Thigh with Fresh Herbs	Meatballs & Spaghetti
Entrée 3 (lunch only) & Dinner Take-out	X	Vegetarian Mushroom Ravioli (lunch only)	Baked Fish (lunch only)	Spaghetti Bolognese (lunch only)	Bratwurst & Sauerkraut (lunch only)	Seafood Newburg (lunch only)	Citrus Marinated Pork Loin (lunch only)
Vegetable	Sauteed Spinach	Summer Succotash	Whole Kernal Corn	Steamed Green Beans	Broccoli & Cheese Casserole	Steamed Cauliflower	Corn, Okra, Tomato & Bacon Casserole
Vegetable	Roasted Broccoli	Steamed Cauliflower	Steamed Zucchini	Fresh Roasted Asparagus	Cauliflower Gratin	Roasted Yellow Squash	Steamed Green Beans
Vegetable	Green Beans	Roasted Yellow Squash	Peas & Bacon	Roasted Brussel Sprouts	Steamed Corn	Whole Kernal Corn	Mushroom Ragout
Starch	Roasted Potato Wedges	Sour Cream & Chive Mashed Potatoes	Vegetable Quinoa Casserole	Buttered Ziti with Herbs	Baked Beans	Yukon Gold Mashed Potatoes	Roasted Potato Wedges
Starch	Chard & Spring Farro Risotto	Rice Pilaf	Sweet Pea Orzo	Brown Butter & Scallion Mashed Potatoes	Mac & Cheese	Garlic Rice	Red Beans & Rice
Soup	Summer Vegetable Chicken & Orzo Soup	Roasted Onion & Mushroom	Manhattan Clam Chowder	Chicken & Farro Soup	Loaded Baked Potato Soup	New England Clam Chowder	Chicken Noodle Soup

ITEMS BELOW ONLY AVAILABLE AT LUNCH TIME

Lunch Salad / Cold	X	Strawberry Poppyseed Salmon Salad	Strawberry Poppyseed Salmon Salad	Strawberry Poppyseed Salmon Salad	Chef Salad	Chef Salad	Chef Salad
Lunch Sandwich	X	Philly Cheesesteak	Philly Cheesesteak	Philly Cheesesteak	BLTA	BLTA	BLTA
Lunch Grill Special	X	Cilantro Lime Chicken Quesadilla	Cilantro Lime Chicken Quesadilla	Cilantro Lime Chicken Quesadilla	Chicken Wings	Chicken Wings	Chicken Wings



Bistro special July 1-5: Pork Eggrolls with Sweet Chili Sauce \$6

Menu: Sunday, July 7 - Saturday, July 13

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	Jul 7	Jul 8	Jul 9	Jul 10 LUNCH ONLY	Jul 11	Jul 12	Jul 13
Entrée 1	Roast Turkey Breast with Gravy	Rotisserie Chicken Quarter	BBQ Pulled Pork	Filipino Chicken Quarters (lunch only)	Pesto Bake Chicken Alfredo	Meatloaf with Gravy	Cheese Manicotti w/ Pesto Cream Sauce
Entrée 2	Shrimp in Lobster Sauce	Country Fried Steak with Country Gravy	Lemon Chicken	Huli-Huli Pork Loin (lunch only)	Eggplant Parmesan with Marinara	Rosemary Garlic Marinated Chicken	Beef Liver & Onions
Entrée 3 (lunch only) & Dinner Take-out	X	Italian Herb Roasted Pork Loin (lunch only)	Pecan Crusted Tilapia (lunch only)	Beef Lasagna (lunch only)	Lemon Herb Salmon (lunch only)	Honey Bourbon Pork Loin (lunch only)	Pineapple Cilantro Marinated Chicken Thighs (lunch only)
Vegetable	Roasted Bell Peppers	Collard Greens	Seasoned Green Beans	Cauliflower	Fresh Steamed Broccoli	Peas & Carrots	Sauteed Fresh Vegetable Medley
Vegetable	Braised Red Cabbage	Sauteed Zucchini	Sauteed Spinach	Steamed Peas	Roasted Zucchini	Roasted Brussel Sprouts	Steamed Green Beans
Vegetable	Fresh Steamed Broccoli	Fried Okra	Steamed Yellow Squash	Roasted Zucchini	Grilled Asparagus	Steamed Cauliflower	Whole Kernal Corn
Starch	Brown Rice	Mashed Potato & Gravy	Tomato Couscous	Steamed Rice	Mushroom Risotto	Quinoa Parmesan & Basil	Buttermilk Chive Mashed Potatoes
Starch	Cornbread Stuffing	Black Beans & Rice	Red Roasted Potatoes	Roasted Sweet Potatoes	Bowtie Pasta	Yukon Gold Mashed Potatoes	Lemon Rice Pilaf
Soup	Vegan Split Pea	Mushroom & Wild Rice	Bean Soup	Coconut Chicken Soup	Beef Barley	Seafood Chowder	Vegetable Quinoa & Black Bean Soup
ITEMS BELOW ONLY AVAILABLE AT LUNCH TIME							
Lunch Salad / Cold	X	Crispy Chicken Salad	Crispy Chicken Salad	Crispy Chicken Salad	Grilled Salmon Cobb	Grilled Salmon Cobb	Grilled Salmon Cobb
Lunch Sandwich	X	Loaded Brisket Baker	Loaded Brisket Baker	Loaded Brisket Baker	Meatball Sub	Meatball Sub	Meatball Sub
Lunch Grill Special	X	Patty Melt	Patty Melt	Patty Melt	Chicken & Waffle	Chicken & Waffle	Chicken & Waffle



Bistro special July 8-12: BBQ Pulled Pork Sandwich with Bag of Chips \$12

Menu: Sunday, July 14 - Saturday, July 20

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	Jul 14	Jul 15	Jul 16	Jul 17 CURRY THEME DAY	Jul 18	Jul 19	Jul 20 PRIX FIXE
Entrée 1	Roast Beef Eye of Round	Garlic Herb Roasted Chicken Quarter	Steakhouse Marinated Skirt Steak	Chicken Tikka Masala	Pesto Marinated Chicken Thigh	BBQ Chicken Quarter	Salisbury Steak with Demi Glace (lunch only)
Entrée 2	Lemon Rosemary Chicken Thigh	Swedish Meatballs	Citrus Marinated Pork Loin	Pork Katsu Curry	Rosemary Parmesan Breaded Pork Chop	Pulled Pork	Vegetarian Lasagna (lunch only)
Entrée 3 (lunch only) & Dinner Take-out	X	Lemon Herb Flounder (lunch only)	Garlic Herb Crusted Cod (lunch only)	Thai Green Curry Shrimp (lunch only)	Dijon Crusted Salmon (lunch only)	Grilled Smoked Sausage (lunch only)	Shrimp Scampi (lunch only)
Vegetable	Steamed Peas	Steamed Corn Kernels	Creamed Spinach	Steamed Green Beans	Seasoned Green Beans	Fresh Steamed Broccoli	Seasoned Carrots
Vegetable	Orange Glazed Carrots	Roasted Asparagus	Roasted Tomato Wedge	Roasted Broccoli	Steamed Yellow Squash	Roasted Cauliflower	Spinach with Mushrooms
Vegetable	Roasted Parmesan Broccoli	Roasted Zucchini	Steamed Cauliflower	Sauteed Carrots	Grilled Asparagus	Vegetable Medley	Steamed Green Beans
Starch	Scalloped Potatoes	Mushroom & Wild Rice Pilaf	Mashed Sweet Potato	Curried Peas & Potatoes	Fried Potato Wedges	Baked Beans	Mashed Red Potatoes
Starch	Cornbread Stuffing	Yukon Gold Mashed Potatoes	Dijon Roasted Potatoes	Steamed Jasmine Rice	Tuscan Farro Risotto	Loaded Mashed Potatoes	Lemon Rice Pilaf
Soup	Italian Wedding Soup	Chicken Noodle Soup	Beef Vegetable Soup	Curried Kabocha Squash Soup	Vegetable Soup with Edamame	New England Clam Chowder	Lentil Sausage Soup
ITEMS BELOW <u>ONLY</u> AVAILABLE AT LUNCH TIME							
Lunch Salad / Cold	X	Chef Salad	Chef Salad	Chef Salad	Chicken Caprese Salad	Chicken Caprese Salad	Chicken Caprese Salad
Lunch Sandwich	X	BSTW Stackhouse	BSTW Stackhouse	BSTW Stackhouse	French Dip	French Dip	French Dip
Lunch Grill Special	X	Crispy Chicken Club	Crispy Chicken Club	Crispy Chicken Club	Fried Fish Basket	Fried Fish Basket	Fried Fish Basket



Bistro special July 15-19: Chili Cheese Dogs with Bag of Chips \$6

Menu: Sunday, July 21 - Saturday, July 27

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Jul 21	Jul 22	Jul 23	Jul 24	Jul 25	Jul 26	Jul 27
Entrée 1	Rotisserie Chimichurri Chicken	Fried Pork Chop	Garlic Herb Meatloaf with Gravy	Teriyaki Chicken Thigh	Baked Vegetable Ziti & Mozzarella	Fried Catfish	Mojo Marinated Skirt Steak
Entrée 2	Beef Pot Roast	Andouille Sausage & Chicken Gumbo	Lemon Pepper Roasted Chicken	Honey Hoisin Pork Loin	Balsamic Honey Marinated Chicken Thighs	BBQ Chicken Quarter	Jalapeno Cilantro Marinated Chicken Thighs
Entrée 3 (lunch only) & Dinner Take-out	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)
Vegetable	Sauteed Spinach	Braised Collard Greens	Creamed Spinach	Vegetable Stir Fry	Fresh Steamed Broccoli	Green Beans	Onions & Peppers
Vegetable	Fresh Steamed Broccoli	Steamed Carrots	Steamed Summer Squash	Garlic Sweet Chili Edamame	Red Wine Braised Mushrooms	Cream Style Corn	Peas & Carrots
Vegetable	Roasted Zucchini	Whole Kernal Corn	Grilled Asparagus	Fresh Green Beans	Roasted Yellow Squash	Braised Red Cabbage with Raisins	Sauteed Zucchini
Starch	Mashed Potatoes with Gravy	Cheese Grits	Caramelized Onion Risotto with Peas	Jasmine Rice	Creamy Polenta	Baked Beans	Spanish Rice
Starch	Herbed Rice Pilaf	Red Beans & Rice	Garlic Mashed Potatoes with Gravy	Scallion Oil Noodles	Roasted Herb Potatoes	Loaded Mashed Potatoes	Pinto Beans
Soup	Mushroom Barley Soup	Summer Vegetable Quinoa & Black Bean Soup	Spring Vegetable Soup	Coconut Chicken Soup	Vegetarian Minestrone Soup	New England Clam Chowder	Chicken Tortilla Soup
ITEMS BELOW <u>ONLY</u> AVAILABLE AT LUNCH TIME							
Lunch Salad / Cold	X	Southwest Chicken Salad	Southwest Chicken Salad	Southwest Chicken Salad	Steakhouse Salad	Steakhouse Salad	Steakhouse Salad
Lunch Sandwich	X	Cubano	Cubano	Cubano	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza
Lunch Grill Special	X	Chicken Parmesan Sub	Chicken Parmesan Sub	Chicken Parmesan Sub	Turkey Burger	Turkey Burger	Turkey Burger



Bistro special July 22-26: Chicken & Pepperoni Provolone Melt with Marinara on Hoogie with Bag of Chips \$10

Menu: Sunday, July 28 - Saturday, August 3

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	Jul 28	Jul 29	Jul 30	Jul 31	Aug 1	Aug 2	Aug 3
Entrée 1	Roasted Pork Loin	Chicken Fried Chicken Breast with Country Gravy	Roast Beef with Au Jus	Chicken Cordon Bleu	Italian Parmesan Pork Cutlet	Salisbury Steak with Gravy	Crispy Fried Catfish
Entrée 2	Lemon Pepper Trout	Homemade Meatloaf with Gravy	Grilled Lemon Chicken	Kielbasa with Peppers & Onions	Pasta Baje Cheese Ravalli Bolognese	Grilled Chicken Thigh with Fresh Herbs	Meatballs & Spaghetti
Entrée 3 (lunch only) & Dinner Take-out	X	Vegetarian Mushroom Ravioli (lunch only)	Baked Fish (lunch only)	Spaghetti Bolognese (lunch only)	Garlic Herb Roasted Chicken Quarter (lunch only)	Seafood Newburg (lunch only)	Citrus Marinated Pork Loin (lunch only)
Vegetable	Sauteed Spinach	Summer Succotash	Whole Kernal Corn	Steamed Green Beans	Eggplant with Tomatoes & Onions	Steamed Cauliflower	Corn, Okra, Tomato & Bacon Casserole
Vegetable	Roasted Broccoli	Steamed Cauliflower	Steamed Zucchini	Fresh Roasted Asparagus	Zucchini with Pimento	Roasted Yellow Squash	Steamed Green Beans
Vegetable	Green Beans	Roasted Yellow Squash	Peas & Bacon	Roasted Brussel Sprouts	Steamed Peas	Whole Kernal Corn	Mushroom Ragout
Starch	Roasted Potato Wedges	Sour Cream & Chive Mashed Potatoes	Rice Pilaf	Baked Beans	Almond Orzo Pilaf	Yukon Gold Mashed Potatoes	Roasted Potato Wedges
Starch	Chard & Spring Farro Risotto	Vegetable Quinoa Casserole	Sweet Pea Orzo	Brown Butter & Scallion Mashed Potatoes	Sweet Potato Wedges	Garlic Rice	Red Beans & Rice
Soup	Summer Vegetable Chicken & Orzo Soup	Roasted Onion & Mushroom	Manhattan Clam Chowder	Chicken & Farro Soup	Lentil Soup	New England Clam Chowder	Chicken Noodle Soup

ITEMS BELOW ONLY AVAILABLE AT LUNCH TIME

Lunch Salad / Cold	X	Strawberry Poppyseed Salmon Salad	Strawberry Poppyseed Salmon Salad	Strawberry Poppyseed Salmon Salad	Chef Salad	Chef Salad	Chef Salad
Lunch Sandwich	X	Philly Cheesesteak	Philly Cheesesteak	Philly Cheesesteak	BSTW Chicken Nugget Bowl	BSTW Chicken Nugget Bowl	BSTW Chicken Nugget Bowl
Lunch Grill Special	X	Cilantro Lime Chicken Quesadilla	Cilantro Lime Chicken Quesadilla	Cilantro Lime Chicken Quesadilla	Chicken Wings	Chicken Wings	Chicken Wings



Bistro special July 29 - August 2: Shrimp Quesadillas with Salsa \$14

Superfood of the Month: Herbs & Spices

Herbs and spices are small additions that have major impact on our taste buds with little to no sugar, salt, or calories. They pack a flavor punch alone or combined, fresh or dried.

Green Goddess Dressing (Serves 12)

INGREDIENTS

- ½ cup Light Mayo
- ½ cup Plain, Fat Free Greek Yogurt
- 2 tbsp. Fresh Lemon Juice
- ¼ cup Skim Milk
- ½ tsp. Hot Sauce
- ½ tsp. Fresh Garlic, minced
- 1 tbsp. Fresh Scallions, chopped
- 3 Tbsp. Fresh Parsley, chopped
- 1 tsp. Fresh Tarragon, chopped
- 1/2 tsp. Salt
- 1/4 tsp. Ground Black Pepper



INSTRUCTIONS

1. Combine all ingredients in a blender or food processor and blend until smooth.
2. Serve chilled.

Calories: 91

Fat: 9g

Carbohydrates: 1.1g

Sugar: 0.5g

Fiber: 0.1g

Protein: 0.8g

