

BON APPÉTIT

WEST

AUGUST 2024



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

AUGUST BISTRO SPECIALS

Watermelon Iced Tea, \$2

BLT Chicken Salad Sandwich with
Bag of Chips, \$11

Caesar Wedge Salad \$8,
Add Salmon for \$8



SAVE THE DATE:

Thursday, August 1 - Coffee with Chef - 9:30-10:30am - Roadrunner Lounge

Wednesday, August 14 - 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: Shrimp Fettuccini Alfredo, Broccoli & Side Salad, \$12.10

Saturday, August 17 - 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 AND take-out. Reservations open 10 days in advance on Wednesday, August 7 and close Friday, August 16 at 11am. To make reservations for takeout, please sign-up in person at the cash stand in The Lakeview.

Wednesday, August 21 - Theme Day - Cycle entrees will be French theme! Two featured sides will be carried over during dinner service along with two cycle entrees.

Wednesday, August 21 - Teaching Kitchens - Main Lobby - 2pm - Superfood: Kale

NOTES FROM THE DIRECTOR OF DINING SERVICES

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

Prix-Fixe: For the prix-fixe menu on Saturday, August 17 - Please see Uniguest dining room menus or bstwresidentsportal.com. Signage will also be advertised at The Lakeview cash stand. Dine-in reservations will be through ResEasy. Take-Out reservations will be through a sign-up clip board at the lunch cash stand.

Reservations ~ For assistance with ResEasy, please contact Nikki, Judith or Moniesha at 210-568-3235.

Superfood of the Month: Kale

Kale is a nutritious food rich in antioxidants, vitamin C, vitamin K, and beta-carotene. It also contains nutrients that can support eye health, weight management & heart health.

Kale Pesto

(Serves 8)

INGREDIENTS

- ½ cup pepitas
- 1 small garlic clove
- ¼ cup grated Parmesan cheese, or 1 tablespoon nutritional yeast
- Heaping ¼ teaspoon sea salt
- Freshly ground black pepper
- 2 packed cups chopped curly kale
- 2 tablespoons lemon juice
- ½ cup extra-virgin olive oil



INSTRUCTIONS

1. In a food processor, pulse the pepitas and garlic until the pepitas are ground up. Add the cheese or nutritional yeast, salt, and several grinds of pepper and pulse again. Add the kale and lemon juice. With the food processor running, drizzle in the olive oil, and process until combined. Season to taste.

August Bistro Specials

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

Aug 5 - Aug 9: Pork Eggrolls with Sweet Chili Sauce, \$6

Aug 12 - Aug 16: Chicken Wings, \$12

Aug 19 - Aug 23: Chili Cheese Dogs with Bag of Chips, \$6

Aug 26 - Aug 30: Honey BBQ Chicken Strip Sandwich with Bag of Chips, \$12

National Food Days

Sunday, **August 4** - International Beer Day - Assorted International beer available for purchase at The Bistro, all day, while supplies lasts, \$4.25 / Bottle

Saturday, **August 10** - National S'Mores Day - S'mores Cheesecake available at The Lakeview dessert station, 11am-1pm, while supplies lasts, \$6

Thursday, **August 22** - National Bao Day - Pork Adobo Bao available at The Lakeview, 11am-1pm, \$12

Saturday, **August 24** - National Peach Pie Day - Peach Pie available at The Lakeview, 11am-1pm & 4-6:30pm, \$3.75 / Slice

Wednesday, **August 28** - National Red Wine Day - Assorted featured Red Wine available at The Lakeview, 11am-1pm & 4-6:30pm, while supplies last

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 Bake Cheese Ravioli 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

Menu: Sunday, August 4 - Saturday, August 10

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	Aug 4	Aug 5	Aug 6	Aug 7	Aug 8	Aug 9	Aug 10
Entrée 1	Roast Turkey Breast with Gravy	Rotisserie Chicken Quarter	BBQ Pulled Pork	Filipino Chicken Quarters	Pasta Bake Chicken Alfredo	Meatloaf with Gravy	Cheese Manicotti w/ Pesto Cream Sauce
Entrée 2	Shrimp in Lobster Sauce	Country Fried Steak with Country Gravy	Braised Beef Burgundy	Huli-Huli Pork Loin	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)	Lemon Herb Flounder (lunch only)
Vegetable	Roasted Bell Peppers	Collard Greens	Seasoned Green Beans	Cauliflower	Fresh Steamed Broccoli	Steamed 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 <u>ONLY</u> 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 August 5-9: Pork Eggrolls with Sweet Chili Sauce, \$6

Menu: Sunday, August 11 - Saturday, August 17

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	Aug 11	Aug 12	Aug 13	Aug 14 LUNCH ONLY	Aug 15	Aug 16	Aug 17 Prix Fixe Dinner
Entrée 1	Roast Beef Eye of Round	Garlic Herb Roasted Chicken Quarter	Steakhouse Marinated Skirt Steak	Scaloppini Beef	Pesto Marinated Chicken Thigh	Braised Beef Tips	Salisbury Steak with Demi Glace (lunch only)
Entrée 2	Lemon Rosemary Chicken Thigh	Turkey Tortilla Casserole	Citrus Marinated Pork Loin	Italian Herb Roasted Chicken Quarter	Rosemary Parmesan Breaded Pork Chop	Alabama Pulled BBQ Chicken	Vegetarian Lasagna (lunch only)
Entrée 3 (lunch only) & Dinner Take-out	X	Salmon Patty with Mustard Sauce (lunch only)	Garlic Herb Crusted Cod (lunch only)	Pasta Bake Turkey Bolognese (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	Egg Noodles	Fried Potato Wedges	Baked Beans	Mashed Red Potatoes
Starch	Cornbread Stuffing	Yukon Gold Mashed Potatoes	Dijon Roasted Potatoes	Roasted Sweet Potatoes	Tuscan Farro Risotto	Loaded Mashed Potatoes	Lemon Rice Pilaf
Soup	Italian Wedding Soup	Chicken Noodle Soup	Beef Vegetable Soup	Italian Wedding Soup	Vegetable Soup with Edamame	New England Clam Chowder	Lentil Sausage Soup
ITEMS BELOW ONLY AVAILABLE AT LUNCH TIME							
Lunch Salad / Cold	X	Sweet Chili Shrimp & Sesame Rice Salad	Sweet Chili Shrimp & Sesame Rice Salad	Sweet Chili Shrimp & Sesame Rice 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 August 12-16: Chicken Wings, \$12

Menu: Sunday, August 18 - Saturday, August 24

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Aug 18	Aug 19	Aug 20	Aug 21 French Themed Dinner	Aug 22	Aug 23	Aug 24
Entrée 1	Rotisserie Chimichurri Chicken	Fried Pork Chop	Garlic Herb Meatloaf with Gravy	Chicken A La Crème <i>(Creamy Mushroom Sauce)</i>	Baked Vegetable Ziti & Mozzarella	Fried Catfish	Mojo Marinated Skirt Steak
Entrée 2	Beef Pot Roast	Andouille Sausage & Chicken Gumbo	Lemon Pepper Roasted Chicken	Swai A La Meuniere <i>(Swai with Lemon Brown Butter Sauce)</i>	Balsamic Honey Marinated Chicken Thighs	Beef Stew	Jalapeno Cilantro Marinated Chicken Thighs
Entrée 3 (lunch only) & Dinner Take-out	X	Blackened Fish (lunch only)	Grilled Bratwurst with BBQ Onions (lunch only)	Blanquette De Beouf <i>(French Beef Stew)</i> (lunch only)	Lemon Herb Salmon (lunch only)	BBQ Spareribs (lunch only)	Shrimp Fajitas (lunch only)
Vegetable	Sauteed Spinach	Braised Collard Greens	Creamed Spinach	Ratatouille	Fresh Steamed Broccoli	Green Beans	Onions & Peppers
Vegetable	Fresh Steamed Broccoli	Steamed Carrots	Steamed Summer Squash	Zucchini Gratin	Red Wine Braised Mushrooms	Cream Style Corn	Peas & Carrots
Vegetable	Roasted Zucchini	Whole Kernal Corn	Grilled Asparagus	Tomato Provencal <i>(Topped with Breadcrumbs & Herbs)</i>	Roasted Yellow Squash	Braised Red Cabbage with Raisins	Sauteed Zucchini
Starch	Mashed Potatoes with Gravy	Cheese Grits	Caramelized Onion Risotto with Peas	Potatoes Sarladaise <i>(Cooked in Butter & Garlic)</i>	Creamy Polenta	Baked Beans	Spanish Rice
Starch	Lemon Couscous	Red Beans & Rice	Garlic Mashed Potatoes with Gravy	Cassoulet <i>(White Beans & Ham)</i>	Roasted Herb Potatoes	Loaded Mashed Potatoes	Pinto Beans
Soup	Mushroom Barley Soup	Summer Vegetable Quinoa & Black Bean Soup	Spring Vegetable Soup	French Onion Soup	Vegetarian Minestrone Soup	New England Clam Chowder	Chicken Tortilla Soup
ITEMS BELOW ONLY 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	Taco Bowl	Taco Bowl	Taco Bowl
Lunch Grill Special	X	Chicken Parmesan Sub	Chicken Parmesan Sub	Chicken Parmesan Sub	Turkey Burger	Turkey Burger	Turkey Burger

Bistro special August 19-23: Chili Cheese Dogs with Bag of Chips, \$6

Menu: Sunday, August 25 - Saturday, August 31

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	Aug 25	Aug 26	Aug 27	Aug 28	Aug 29	Aug 30	Aug 31
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	Balsamic Braised Pork	Kielbasa with Peppers & Onions	Southwestern Braised Beef	Grilled Ham Steaks with Pineapple Glaze	Meatballs & Spaghetti
Entrée 3 (lunch only) & Dinner Take-out	X	Vegetarian Mushroom Ravioli (lunch only)	Baked Fish (lunch only)	Pasta Bake Cheese Ravioli Bolognese (lunch only)	Garlic Herb Roasted Chicken Quarter (lunch only)	Seafood Newburg (lunch only)	Citrus Marinated Pork Loin (lunch only)
Vegetable	Sauteed Spinach	Braised Cabbage	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	Fried Okra	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	Chicken Finger Basket	Chicken Finger Basket	Chicken Finger Basket	Chicken Fried Rice	Chicken Fried Rice	Chicken Fried Rice

Bistro special August 29-30: Honey BBQ Chicken Strip Sandwich with Bag of Chips, \$12