

BON APPÉTIT

WEST

OCTOBER 2025

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, 4-4:45pm

Dinner Dine-In, Mon-Sat, 5-6:30pm (Reservations required; Check in at Host/Hostess Stand)

Sunday Brunch Carryout, 10:30-11am & 1:15-1:30pm

Sunday Brunch Dine-In, 11am-1pm (Reservations required; Check in at Host/Hostess Stand)

For meal deliveries, call 210-568-3235. Lunch: call between 10 - 10:30am. Deliveries go out at 11am. For dinner: call between 2 - 3:30pm. Deliveries go out at 4pm.



BISTRO HOURS

Breakfast Saturday & Sunday, 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, Moniesha, or Lupita at 210-568-3235



OCTOBER BISTRO SPECIALS

Club Salad \$8
add Crispy Chicken Tenders, \$6

Crispy Chicken Wrap,
includes Bag of Chips, \$12

Pumpkin Spiced Latte, Sm., \$4/ Lg. 5

October Weekly Bistro Specials

Sept 29 - Oct 3: Pork Pot Stickers (5) with Fried Rice & Teriyaki Sauce, \$8

Oct 6 - 10: Crispy Chicken Mac & Cheese Bowl, \$8

Oct 13-17: Chili Cheese Dog with Bag of Chips, \$8

Oct 20 - 24: Pork Eggrolls with Sweet Chili Sauce, \$6

Oct 27 - Oct 31: Chicken Wings, \$12

SAVE THE DATE:

- Thursday, October 2 - Coffee with Chef - **CANCELLED**
- Wednesday, October 8 - B&A Dinner - Lunch service will be take-out only Chicken Fried Steak, Mashed Potatoes, Broccoli & Side Salad, \$12.10. Available 4-6:30pm
- Wednesday, October 15 - Theme Day - This date will be Fall Harvest themed cycle entrees & sides for \$12.10. Includes entree & choice of 2 sides, soup or salad.
- Thursday, October 30 - Due to a private large event, The Lakeview will have a limited dinner menu from 4-6:30pm. The menu can be found on Uniguest under the Dining Services tab and then under "Menus" tab.
- Friday, October 31 - The Lakeview will be open for lunch 11am-1pm and dinner service will be EARLY. Take out dinner will be 3-3:45pm. Dine In dinner will be 4-5:30pm

National Food Days

- Saturday, **October 4** - National Taco Day - (3) Crispy Beef Tacos with Rice & Beans, \$13, available at The Lakeview, 11am-1pm.
- Tuesday, **October 21** - National Pumpkin Cheesecake Day - Pumpkin Cheesecake available at The Lakeview, 11am-1pm & 4-6:30pm. \$5 / slice.
- Wednesday, **October 22** - National Nut Day - Nutter Butter Pudding, \$3. Available at The Lakeview salad station 11am-1pm. While supplies last.
- Saturday, **October 25** - National Pasta Day - Dinner Pop Up at The Lakeview, Fried Chicken Breast Alfredo; Breaded Chicken Breast, Fettuccine, Garlic Parmesan Alfredo Sauce. Soup or Salad, \$17. Available 4-6:30pm, order with the server. While supplies last.
- Monday, **October 27** - National Potato Day - Carne Guisada Fries, \$10, available at The Lakeview, 11am-1pm, order with server.
- Tuesday, **October 28** - National Chocolate Day - Assorted Chocolate Cakes available at The Lakeview, 11am-1pm & 4-6pm. \$4 / slice.

NOTES FROM THE DIRECTOR OF DINING SERVICES

- **Look out for healthier options! We've now put green check marks next to healthier options on the menu and a leaf mark next to vegetarian options!**
- **For parties larger than 8 guests for dinner reservations Monday - Saturday and Brunch reservations for Sunday, a pre-order is required. Pre-order forms can be obtained from Moniesha, Lupita, or Nikki. Confirmation of parties larger than 8 guests must also be confirmed with Dining Services to ensure adequate table space & server availability. The "Farmer's Table" (Large rectangle table) in The Lakeview also requires a reservation with Dining Services. For any questions or more information regarding this policy, please call 210-568-3232.**
- **Friday Pop Up dinner specials & Sunday Brunch Chef Specials are posted on Uniguest or bstwresidentsportal.com by the Monday before that Friday special (5 days in advance). Flyers are also posted at both dining room cash stands. Keep an eye out for end-of-month pop-ups; flyers get posted on Uniguest and the portal site.**
- **Salad Station Congestion - To help alleviate congested lines at the salad station, please remain in a single-file line. There are times when those who want only soup will start a second line in front of the soup area, which creates confusion for the employee about who was first in line**
- **Every Wednesday at 4pm, there will be rotisserie chicken available for purchase at The Lakeview, while supplies last. Will not be offered on B&A on Wednesday**

Menu: Sunday, Sept 28 - Saturday, Oct 4

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	Sept 28	Sept 29	Sept 30	Oct 1	Oct 2	Oct 3	Oct 4
Entrée 1	Roast Turkey Breast with Gravy ✓	Sweet Chili Chicken & Cabbage Casserole	Tex-Mex Soft Beef Taco Casserole	Beef Lasagna	Mojo Pork ✓	Macaroni & Beef Casserole	Cheese Manicotti w/ Pesto Cream Sauce
Entrée 2	Shrimp Creole ✓	Country Fried Steak with Country Gravy	Mexican Pork Cutlet	Chicken Marsala	Turkey Meatloaf ✓	Chimichu... Chicken Quarter ✓	Beef Liver & Onions ✓
Entrée 3 (lunch only) & Dinner Take-out		Italian Herb Roasted Pork Loin (lunch only) ✓	Fried Shrimp (lunch only)	Dijon Herb Crusted Cod (lunch only) ✓	Eggplant Parmesan (lunch only) ✓	Dijon Salmon (lunch only) ✓	Spareribs (lunch only)
Vegetable	Roasted Red Peppers ✓	Collard Greens ✓	Green Beans ✓	Sauteed Carrots ✓	Broccoli Florets ✓	Lima Beans ✓	Sauteed Vegetable Medley ✓
Vegetable	Braised Red Cabbage ✓	Sauteed Zucchini & Squash	Sauteed Spinach ✓	Edamame ✓	Steamed Cauliflower ✓	Steamed Broccoli ✓	Green Peas ✓
Vegetable	Steamed Peas ✓	Okra & Tomatoes ✓	Whole Kernel Corn ✓	Sauteed Kale ✓	Peas & Carrots	Buttered Corn Kernels ✓	Braised Cabbage
Starch	Traditional Stuffing	Mashed Potatoes & Gravy	Rice Pilaf	Mashed Potatoes & Gravy	Steamed Rice	Sweet Potato Wedges	Buttermilk Chive Mashed Potatoes ✓
Starch	Brown Rice ✓	Black Beans & Rice	Red Roasted Potatoes	Quinoa ✓	Buttered Bowtie Pasta	Herbed Quinoa	Lemon Rice Pilaf
Soup	Vegetable Rice Soup ✓	Cream of Broccoli & Cheese ✓	Cheeseburger Soup	Chicken Noodle Soup ✓	Coconut Chicken Soup	Tomato Bisque ✓	Mushroom & Barley Soup
ITEMS BELOW ONLY AVAILABLE AT LUNCH TIME							
Lunch Salad / Cold		Crispy Chicken Salad	Crispy Chicken Salad	Crispy Chicken Salad	The Fanelli Melt	The Fanelli Melt	The Fanelli Melt
Lunch Grill Special #1		Crispy Beef Tacos	Crispy Beef Tacos	Crispy Beef Tacos	Cilantro Lime Chicken Sandwich	Cilantro Lime Chicken Sandwich	Cilantro Lime Chicken Sandwich
Lunch Grill Special #2		Pork Chorizo Burger	Pork Chorizo Burger	Pork Chorizo Burger	Brisket Quesadilla	Brisket Quesadilla	Brisket Quesadilla

✓ - Healthier Options

🌿 - Vegetarian

Sept 29 - Oct 3: Pork Pot Stickers (5) with Fried Rice & Teriyaki Sauce, \$8

Menu: Sunday, Oct 5- Saturday, Oct 11

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	Oct 5	Oct 6	Oct 7	Oct 8 LUNCH TAKE OUT ONLY	Oct 9	Oct 10	Oct 11
Entrée 1	Breakfast Casserole	Garlic Herb Roasted Chicken Quarter	Spaghetti & Meatballs	Roasted Turkey Breast w/ Gravy (lunch only) ✓	Guajillo Chicken Enchiladas	Meatloaf	Braised Beef Tips
Entrée 2	Lemon Herb Salmon ✓	Beef Barbacoa	Citrus Marinated Pork Loin	Hungarian Goulash (lunch only)	Smothered Pork Chop	King Ranch Chicken Casserole	Chicken Schnitzel
Entrée 3 (lunch only) & Dinner Take-out		Shrimp Scampi (lunch only)	Turkey Tortilla Casserole (lunch only)	Chicken Parmesan Casserole (lunch only)	Shepherd's Pie (lunch only)	Shrimp Etouffe (lunch only)	Southwest Tilapia ✓
Vegetable	Sauteed Kale ✓	Steamed Corn Kernels ✓	Creamed Spinach ✓	Sauteed Swiss Chard ✓	Green Beans ✓	Roasted Zucchini ✓	Seasoned Carrots ✓
Vegetable	Green Peas ✓	Zucchini & Tomatoes ✓	Roasted Tomatoes ✓	Steamed Broccoli ✓	Pinto Beans	Steamed Cauliflower ✓	Vegetable Stir Fry ✓
Vegetable	Okra & Tomatoes ✓	Lemon & Olive Oil Broccoli ✓	Baby Bok Choy ✓	Green Bean Casserole	Glazed Carrots ✓	Braised Green Beans & Bacon	Broccoli ✓
Starch	Mashed Potatoes & Gravy	Spaghetti Noodles	Vegetable Fried Rice	Traditional Stuffing	Steamed Rice ✓	Chive Polenta	Mushroom Rice Pilaf
Starch	Garlic Rice	Yukon Gold Mashed Potatoes	Dijon Roasted Potatoes	Mashed Potatoes w/ Gravy	Mashed Potatoes & Gravy	Red Beans & Rice	Mashed Potatoes & Gravy
Soup	Beef & Orzo Soup	Traditional Pozole	Minestrone ✓	Coconut Chicken Soup	Albondigas Soup ✓	New England Clam Chowder	Cream of Cauliflower ✓
ITEMS BELOW <u>ONLY</u> AVAILABLE AT LUNCH TIME							
Lunch Salad / Cold		Asian Sweet Chili Shrimp Salad	Asian Sweet Chili Shrimp Salad	Asian Sweet Chili Shrimp Salad	Tuna Salad Plate ✓	Tuna Salad Plate ✓	Tuna Salad Plate ✓
Lunch Grill Special #1		Grill Chicken or Tofu Bahn Mi ✓	Crispy Beef Tacos (National Day)	Grill Chicken or Tofu Bahn Mi ✓	Smash Burger Tacos	Smash Burger Tacos	Smash Burger Tacos
Lunch Grill Special #2		Baja Fish Tacos	Baja Fish Tacos	Baja Fish Tacos	Bacon Grilled Cheese	Bacon Grilled Cheese	Bacon Grilled Cheese

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🌱 - Vegetarian

Oct 6 - 10: Crispy Chicken Mac & Cheese Bowl, \$8

Menu: Sunday, Oct 12 - Saturday, Oct 18

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Oct 12	Oct 13	Oct 14	Oct 15 Fall Harvest Theme Day	Oct 16	Oct 17	Oct 18
Entrée 1	Oven Fried Chicken Thigh	BBQ Spareribs	Provençal Tilapia ✓	Chuck Pot Roast	Chicken Alfredo	Roasted Pork Loin	Chicken Marsala
Entrée 2	Lemon Herb Shrimp Scampi ✓	BBQ Chicken Quarter	General Tso Chicken	Honey Glazed Ham	Zen Teriyaki Beef	Macaroni Beef Casserole	Greek Pasta Bake
Entrée 3 (lunch only) & Dinner Take-out		Manicotti w/ Marinara (lunch only) ✓	Honey Bourbon Pork Loin (lunch only)	Lemon Rosemary Garlic Roast Chicken Quarters (lunch only)	Cuban Pork Roast (lunch only)	Shrimp Creole (lunch only)	Kielbasa with Peppers & Onions (lunch only)
Vegetable	Steamed Peas ✓	Brussels Sprouts ✓	Spinach ✓	Roasted Root Vegetables	Grilled Tomatoes, Squash & Onion ✓	Seasoned Carrots ✓	Summer Vegetable Ratatouille ✓
Vegetable	Steamed Tomatoes ✓	Cream Style Corn ✓	Steamed Cauliflower ✓	Maple Glazed Brussels Sprouts	Steamed Bok Choy ✓	Lima Beans ✓	Steamed Cauliflower ✓
Vegetable	Roasted Yellow Squash ✓	Roasted Zucchini ✓	Carrots ✓	Braised Swiss Chard	Kernel Corn ✓	Seasoned Cabbage ✓	Sauteed Spinach ✓
Starch	Lemon Couscous ✓	Loaded BBQ Smashed Potatoes	White Rice ✓	Roasted Garlic Mashed Potatoes & Gravy	Black Eyed Peas ✓	Pinto Beans	Baked Sweet Potato ✓
Starch	Garlic Buttered Linguini	Cheese Grits	Potato Wedges	Sweet Potato Casserole	Sesame Oil Noodles	Mashed Yukon Gold Potatoes	Creamy Polenta
Soup	Chicken & Barley Soup ✓	Hot & Sour Soup ✓	Harvest Soup ✓	Pumpkin Soup	Pozole Verde	New England Clam Chowder	Beef Taco Soup
ITEMS BELOW <u>ONLY</u> AVAILABLE AT LUNCH TIME							
Lunch Salad / Cold		Southwest Chicken Salad	Southwest Chicken Salad	Southwest Chicken Salad	Turkey Avocado Melt on Pita	Turkey Avocado Melt on Pita	Turkey Avocado Melt on Pita
Lunch Grill Special #1		Pork Burnt Ends Mac & Cheese	Pork Burnt Ends Mac & Cheese	Ham & Turkey Grilled Cheese (theme day)	Lamb Burger	Lamb Burger	Lamb Burger
Lunch Grill Special #2		Shrimp Boil	Shrimp Boil	Sage & Butternut Squash Ravioli (theme day)	Chicken Fried Rice	Chicken Fried Rice	Chicken Fried Rice

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Oct 13 - 17: Chili Cheese Dog with Bag of Chips, \$6

Menu: Sunday, Oct 19 - Saturday, Oct 25

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	Oct 19	Oct 20	Oct 21	Oct 22	Oct 23	Oct 24	Oct 25
Entrée 1	Breakfast Casserole	Guajillo Chicken Enchiladas	Coq Au Vin (Chicken cooked in wine)	Chicken Cordon Bleu	Italian Parmesan Pork Cutlet	Ham with Pineapple	Crispy Fried Catfish
Entrée 2	Lemon Pepper Trout ✓	Pot Roast	Balsamic Braised Pork	Kielbasa with Peppers & Onions	Andouille Sausage & Chicken Gumbo	Tuna Noodle Casserole	Beef Burgundy Ragout with Noodles
Entrée 3 (lunch only) & Dinner Take-out		Unstuffed Bell Pepper Casserole (lunch only) ✓	Baked Swai (lunch only) ✓	Pasta Bake Cheese Ravioli Bolognese (lunch only)	Broccoli & Beef Stir Fry (lunch only)	Chicken Parmesan (lunch only)	Citrus Marinated Pork Loin (lunch only)
Vegetable	Sauteed Spinach ✓	Roasted Broccoli ✓	Honey Glazed Carrots ✓	Black Eyed Peas	Steamed Cauliflower ✓	Green Beans ✓	Lima Beans ✓
Vegetable	Braised Red Cabbage ✓	Steamed Cauliflower ✓	Whole Kernel Corn ✓	Roasted Yellow Squash ✓	Roasted Brussels Sprouts ✓	Fried Green Tomatoes	Mushroom Ragout
Vegetable	Okra & Tomatoes ✓	Pinto Beans	Stewed Tomatoes ✓	Braised Red Cabbage ✓	Steamed Peas ✓	Broccoli Au Gratin	Roasted Yellow Squash ✓
Starch	Roasted Potato Wedges	Mashed Yukon Gold Potatoes	Creamy Polenta	Baked Beans	Steamed Rice ✓	Mashed Sweet Potatoes ✓	Brown Butter & Scallion Mashed Potatoes
Starch	Mushroom & Parmesan Farro Risotto	Spanish Rice	Potatoes Au Gratin	Lyonnais Potatoes	Kidney Beans ✓	Orzo Pilaf	Black Eyed Peas
Soup	Potato & Leek Soup ✓	Mushroom & Barley Soup ✓	Broccoli & Cheddar ✓	Tuscan Bean & Farro Soup ✓	Asian Garden Soup ✓	New England Clam Chowder	Chicken Noodle Soup ✓
ITEMS BELOW ONLY AVAILABLE AT LUNCH TIME							
Lunch Salad / Cold		Strawberry Poppyseed Salm Salad ✓	Strawberry Poppyseed Salmon Salad ✓	Strawberry Poppyseed Salm Salad ✓	Chef Salad ✓	Chef Sal ✓	Chef Sala ✓
Lunch Grill Special #1		Beef Pirata Tacos	Beef Pirata Tacos	Beef Pirata Tacos	Taco Bowl	Taco Bowl	Taco Bowl
Lunch Grill Special #2		Chicken Finger Basket	Chicken Finger Basket	Chicken Finger Basket	New York Style Chopped Cheese Steak	New York Style Chopped Cheese Steak	New York Style Chopped Cheese Steak

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Oct 20 - 24: Pork Eggrolls with Sweet Chili Sauce, \$6

Menu: Sunday, Oct 26 - Saturday, Nov 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	Oct 26	Oct 27	Oct 28	Oct 29	Oct 30 LIMITED DINNER MENU	Oct 31 Early Dinner Service	Nov 1
Entrée 1	Roast Turkey Breast with Gravy ✓	Sweet Chili Chicken & Cabbage Casserole	Tex-Mex Soft Beef Taco Casserole	Beef Lasagna	Mojo Pork	Macaroni & Beef Casserole	Cheese Manicotti w/ Pesto Cream Sauce
Entrée 2	Shrimp Creole ✓	Country Fried Steak with Country Gravy	Mexican Pork Cutlet	Chicken Marsala	Turkey Meatloaf ✓	Chimichurri Chicken Quarter ✓	Beef Liver & Onions ✓
Entrée 3 (lunch only) & Dinner Take-out		Italian Herb Roasted Pork Loin (lunch only) ✓	Fried Shrimp (lunch only)	Dijon Herb Crusted Cod (lunch only) ✓	Eggplant Parmesan (lunch only) ✓	Dijon Salmon (lunch only) ✓	Spareribs (lunch only)
Vegetable	Roasted Red Peppers ✓	Collard Greens ✓	Green Beans ✓	Sauteed Carrots ✓	Broccoli Florets ✓	Lima Beans ✓	Sauteed Vegetable Medley ✓
Vegetable	Braised Red Cabbage ✓	Sauteed Zucchini & Squash	Sauteed Spinach ✓	Edamame ✓	Steamed Cauliflower ✓	Steamed Broccoli ✓	Green Peas ✓
Vegetable	Steamed Peas ✓	Okra & Tomatoes ✓	Whole Kernel Corn ✓	Sauteed Kale ✓	Peas & Carrots	Buttered Corn Kernels ✓	Braised Cabbage
Starch	Traditional Stuffing	Mashed Potatoes & Gravy	Rice Pilaf	Mashed Potatoes & Gravy	Steamed Rice	Sweet Potato Wedges	Buttermilk Chive Mashed Potatoes ✓
Starch	Brown Rice ✓	Black Beans & Rice	Red Roasted Potatoes	Quinoa ✓	Buttered Bowtie Pasta	Herbed Quinoa	Lemon Rice Pilaf
Soup	Vegetable Rice Soup ✓	Cream of Broccoli & Cheese ✓	Cheeseburger Soup	Chicken Noodle Soup ✓	Coconut Chicken Soup	Tomato Bisque ✓	Mushroom & Barley Soup
ITEMS BELOW ONLY AVAILABLE AT LUNCH TIME							
Lunch Salad / Cold		Crispy Chicken Salad	Crispy Chicken Salad	Crispy Chicken Salad	The Fanelli Melt	The Fanelli Melt	The Fanelli Melt
Lunch Grill Special #1		Carne Guisada Fries (National Day)	Crispy Beef Tacos	Crispy Beef Tacos	Cilantro Lime Chicken Sandwich	Cilantro Lime Chicken Sandwich	Cilantro Lime Chicken Sandwich
Lunch Grill Special #2		Pork Chorizo Burger	Pork Chorizo Burger	Pork Chorizo Burger	Brisket Quesadilla	Brisket Quesadilla	Brisket Quesadilla

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Oct 27 - Oct 31: Chicken Wings, \$12

Superfood: Sweet Potatoes

Sweet potatoes offer significant health benefits, providing a rich source of vitamins (especially A and C), minerals (like potassium and manganese), dietary fiber, and antioxidants such as beta-carotene and anthocyanins

Parmesan & Garlic Sweet Potatoes

Serves: 4

Ingredients

- 1 lb. Sweet Potatoes
- (about 2 large)
- 3 Tbsp. Extra Virgin Olive Oil
- 2 Tbsp. Fresh Parsley, chopped
- 4 Tbsp. Fresh Garlic Cloves, chopped
- 1/4 tsp. Salt
- 2 Tbsp. Parmesan Cheese, shredded
- 2 sprays Cooking Spray
- 1/2 tsp. Ground Black Pepper



Instructions

1. Wash, dry, and cut sweet potatoes into 1/2-inch-thick discs.
2. Steam for 15-20 minutes or until slightly fork-tender. Remove from the steamer and set aside.
3. In a bowl, mix oil, parsley, garlic, salt, and parmesan to make a paste. Set aside.
4. Spray a sheet tray or baking pan with cooking spray. Lay potato discs evenly across the pan. Spoon or brush discs with oil mixture and top with freshly cracked pepper.
5. Place into a 350° F oven and bake for 10-20 minutes or until they've reached the desired degree of doneness; cheese should be melted and slightly browned. Remove from the oven and serve.