

Sacred Heart SHS Faculty Wellness Menu

Monday	August 24, 2026
SEASONAL SOUP	(V) Chinese Noodle Soup
COMPOSED SALAD	(V) Quinoa and Spinach Salad with Fresh Herbs, Shredded Carrots, Chopped Cucumber, Crunchy Red and Green Cabbage, Red Peppers, Ranch Dressing
WELLNESS BAR	Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Hoisin Rice Bowl- Slow Roasted Pork or (V) Tofu, Spicy Fried Rice, Ratto Ranch Stir Fried Vegetables, Cage Free Fried Egg and Hoisin Sauce with Vegetarian Egg Rolls
BEVERAGE STATION	Pear, Raspberry, Rosemary - Increase Blood Flow to the Brain
Tuesday	August 25, 2026
SEASONAL SOUP	Chicken Tortilla Soup Topped with Cheddar Cheese and Tortilla Strips
COMPOSED SALAD	(V) Grilled Watermelon Salad with Wild Arugula, Feta Cheese, Roasted Red Onions and Balsamic Gastrique Sauce
WELLNESS BAR	Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Fire Grilled Carne Asada or (V) Portobello, Lime Cilantro Rice, Whole Black Beans, Hand Cut Salsa, Tortilla Chips
BEVERAGE STATION	Blueberry, Lemon, Cucumber - PH Balance, Boost Metabolism, Detoxification
Wednesday	August 26, 2026
SEASONAL SOUP	(V) Tomato Basil
COMPOSED SALAD	(V) Roasted Earthy Red and Yellow Beets, Spicy Arugula, Crisp Micro Greens, Briny Feta Cheese, Salty Sunflower Seeds, Tangy Homemade Balsamic Vinaigrette
WELLNESS BAR	Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Roasted Beef or (V) Roasted Portobello with Crispy Rosemary Red Potatoes, Ratto Ranch Roasted Root Vegetables, Red Wine Reduction and House Chimichurri
BEVERAGE STATION	Watermelon, Honeydew and Mint Aqua Fresca - Hydration
Thursday	August 27, 2026
SEASONAL SOUP	(V) Curried Cauliflower Soup with Coconut Milk
COMPOSED SALAD	(V) Spiced Cauliflower Grain Bowl, Cherry Tomatoes, Persian Cucumber, Sliced Red Onions, Chopped Parsley, Mint Roasted Chickpeas, Toasted Quinoa, Lemon Tahini Dressing
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Free Range Chicken or (V) Curried Cauliflower and Chickpeas Simmered in an Ultra-Silky Aromatic Sauce of Tomatoes, and Cream Served with Basmati Rice, and Warm Naan
BEVERAGE STATION	Orange, Blueberry, SH Basil Spa Water
Friday	August 28, 2026
SEASONAL SOUP	Minestrone
COMPOSED SALAD	(V) Fresh Curly Kale, Sliced Red Onion, Blanched Broccolini, Crunchy Turmeric Chickpeas, Roasted Sweet Potato Yam, Tahini Dressing
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Cheesy Tortellini and Sausage or (V) Zucchini Bake with House Red Sauce, Sliced Mushrooms, Topped with Melty 4 Cheeses, Fresh Basil with Garlic Cheese Bread
BEVERAGE STATION	Mixed Fruit Aqua Fresca

Epicurean Group at Sacred Heart Schools
General Manager - Deanna Bower deanna@epicurean-group.com
Executive Chef - Louis Leon - SHP
Executive Chef - Lidia Garcia - P-8

SETBACKS DON'T EQUAL FAILURE
IT'S OKAY TO CHANGE YOUR MIND
NOTHING IS PERFECT
NOT EVERYTHING YOU THINK IS TRUE
IT'S OKAY TO NOT FEEL OKAY
ASKING FOR HELP IS A STRENGTH
YOU CAN RE-MAKE MISTAKES
IT'S OKAY IF YOU AREN'T THERE YET
IT'S OKAY IF YOU DO NOTHING SOME DAYS
YOU ARE ALLOWED TO DO WHAT IS BEST FOR YOU
THOUGHTS ARE NOT FACTS
YOU ARE ALLOWED TO SET BOUNDARIES
IT'S OKAY TO REST
HEALING ISN'T ALWAYS LINEAR
YOU ARE MORE THAN AN ILLNESS
SMALL STEPS ARE ALSO PROGRESS

August

HEALTH BENEFITS OF CURRY LEAVES

- Digestive Disorders
- Kidney Disorders
- Treatment of morning sickness, nausea and vomiting
- The juice of the root can be taken to relieve pain associated with the kidneys
- Preventing premature graying of hair
- Stimulate hair growth
- Treat burns, bruises and skin eruptions
- Prevent diabetes
- External application in stings and bites of poisonous creatures

Benefits of Curry

Potent anti-inflammatory properties
Being that curry powder is packed with spices like turmeric, coriander, and chili pepper, it's no wonder that this seasoning has been shown to provide anti-inflammatory benefits

May improve heart health
Consuming curry powder may benefit heart health in several ways. For example, research has demonstrated that the spice mix may boost blood flow and improve blood vessel function, which in turn may decrease heart disease risk

May have anticancer effects
Many of the spices in curry powder have anticancer properties. Numerous test-tube studies have found that turmeric, in particular, may fight certain cancer cells

Contains powerful antioxidants
Antioxidants are compounds that help prevent cell damage caused by reactive molecules known as free radicals

MENU KEY

CONTAINS SHELLFISH

CONTAINS PEANUTS

CONTAINS TREE NUTS

CONTAINS DAIRY

CONTAINS FISH

CONTAINS EGGS

CONTAINS WHEAT OR GLUTEN

EPICUREAN GROUP
fresh. honest. local.