

Sacred Heart Faculty Menu

Monday 8/10 Directors Day



STAY POSITIVE
WORK HARD
AND MAKE
IT HAPPEN

Tuesday August 11, 2026

- SEASONAL SOUP** House Made Pozole Bar with All The Fixin's
(V) Fiesta Bowl: Quinoa, Black Beans, Fresh Romaine, Roasted Corn,
- COMPOSED SALAD** Toy Box Tomatoes, Sweet Red Onions, SH Cilantro, Crunchy Tortilla Strips, Sliced Avocado, Chipotle Ranch
- WELLNESS BAR** Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
Fire Grilled Carne Asada or (V) Portobello Fajitas, Red and Green
- KITCHEN TABLE** Peppers Sauteed with Onions, Whole Black Beans, Lime Cilantro Rice, Cool Sour Cream, Sliced Avocado, Hand Cut Salsa
- BEVERAGE STATION** Banana, Strawberry, Pear Aqua Fresca - Relieves Stress

Wednesday August 12, 2026

- SEASONAL SOUP** (V) Egg Drop Soup
- COMPOSED SALAD** (V) Asian Inspired Salad: Quinoa, Carrots, Red Bell Pepper, Chickpeas, Local Broccoli, Salted Cashews, Kale, Miso Ginger Dressing
- WELLNESS BAR** Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
Spicy Mongolian Pan Fried Noodles with Beef or (V) Tofu, Bok Choy,
- KITCHEN TABLE** Caramelized Onions, Jacobs Farms Mixed Bell Peppers and Spicy House Mongolian Sauce
- BEVERAGE STATION** Ginger, Fresh Orange, SH Honey Spa Water - Boosts Immunity

Thursday August 13, 2026

- SEASONAL SOUP** Split Pea Soup with Bacon on the Side
- COMPOSED SALAD** Classic Cobb Salad, Romaine and Iceberg Lettuce, Chopped Egg, Sliced Red Onions, Chopped Tomato, Crispy Bacon, Crumbled Blue Cheese, Ranch Dressing
- WELLNESS BAR** Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
Grass Fed Burger or (V) Garden Burger Bar with ALL the Fixings -
- KITCHEN TABLE** Cheese, Applewood Smoked Bacon, Tomato, Lettuce, Pickles, House Chips
- BEVERAGE STATION** Carrots, Beets, Lemon, Green Apple, Spinach Spa Water - Fights Fatigue

Friday August 14, 2026

- SEASONAL SOUP** (V) Italian Wedding Soup
- COMPOSED SALAD** (V) Italian Chopped Salad: Mixed Greens, Crunchy Romain, Tomatoes, Sliced Pepperoncini, Black Olives, Provolone, Italian Dressing
- WELLNESS BAR** Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
Free Range Lemon Chicken or (V) Portobello Piccata with Capers,
- KITCHEN TABLE** Garlic, Shallots, White Wine Sauce, Rice Pilaf and Dwelley Farms Seasonal Vegetables
- BEVERAGE STATION** Carrot, Watermelon, Cucumber, Cilantro Spa Water - Kidney Detox

General Manager - Deanna Bower deanna@epicurean-group.com
Executive Chef: Louis Leon - Sacred Heart Prep
Executive Chef: Lidia Garcia - P-8 Campus

August

SEASONAL PRODUCE GUIDE

VEGETABLES	FRUITS
ARUGULA	APPLE
AVOCADO	APRICOT
BELL PEPPERS	BLACKBERRIES
BEETS	BLUEBERRIES
CABBAGE	CANTALOUPE
CARROTS	CHERRIES
CAULIFLOWER	CRANBERRIES
CELERY	CURRANTS
COLLARD GREENS	FIGS
CORN	GRAPES
CUCUMBERS	HONEYDEW MELON
EGGPLANT	LIME
GREEN BEANS	NECTARINE
KALE	PEACHE
LEEEKS	PEAR
POTATO	PLUMS
RADISHES	RASPBERRIES
RADICCHIO	WATERMELON
SUMMER SQUASH	
TOMATO	
ZUCCHINI	



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