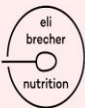


Sacred Heart SHS Faculty Wellness Menu

Monday	August 17, 2026
SEASONAL SOUP	Ginger Garlic Noodle Soup with Bok Choy
COMPOSED SALAD	Thai Peanut Asian Slaw with Red and Green Cabbage, Crunchy Red Peppers, Cilantro, Shelled Edamame, Dry Roasted Peanuts Paired with a Spicy Thai Peanut Dressing
WELLNESS BAR	Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Free Range Teriyaki Chicken or (V) Tofu, Sticky Rice & Roasted Seasonal Vegetables
BEVERAGE STATION	Peach and Mint Spa Water
Tuesday	August 18, 2026
SEASONAL SOUP	Spicy Poblano and Corn Chowder
COMPOSED SALAD	(V) Fresh Romaine Lettuce, Smokey Grilled Sweet Corn, Crunchy Red Bell Peppers, Juicy Tomatoes, Hearty Black Beans, Salty Pepitas, Ghost Pepper Jack Cheese, and Crispy Tortilla Strips, Lime Cilantro Dressing
WELLNESS BAR	Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Fired Grilled Lime Cilantro Marinated Chicken or (V) Portobello, Mexican Rice, Organic Black Beans, Corn Tortillas, Shredded Cheddar Cheese, Cool Sour Cream
BEVERAGE STATION	Strawberry, Jalapeno, Mint Aqua Fresca
Wednesday	August 19, 2026
SEASONAL SOUP	Chicken Noodle Soup
COMPOSED SALAD	Crispy Romaine, Sliced Fuji Apples, Candied Pecans, Shredded White Cheddar, Fresh Italian Dressing
WELLNESS BAR	Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Welcome Back BBQ: BBQ Beef Brisket or (V) BBQ Tofu, Evergood Spicy or (V) Beyond Sausage Links, Fresh Corn on the Cob, Fresh Watermelon, Jalapeno Corn Bread
BEVERAGE STATION	Lavendar Lemonade - Promotes Calm
Thursday	August 20, 2026
SEASONAL SOUP	Beef and Barley
COMPOSED SALAD	Spinach and Arugula Salad, Fresh Grilled Peaches, Slivered Almonds, Sliced Red Onions, Creamy Goat Cheese, Fresh SH Basil, Balsamic Vinaigrette
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Grass Fed Beef and Italian Sausage or (V) Local Spinach and 4 Cheese Baked Ziti with House-Made Marinara, Ricotta Cheese, Garlic Bread
BEVERAGE STATION	Lemon, Mint, Cucumber Spa Water - Cures Halitosis
Friday	August 21, 2026
SEASONAL SOUP	Miso Soup
COMPOSED SALAD	Asian Black Rice Salad, Red and Green Cabbage, Black Rice, Sweet Mandarins, Edamame, Green Onions, Crunchy Rice Sticks, Sweet Asian Dressing
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Spicy Kung Pao Free Range Chicken or (V) Portobello with White Jasmine Rice and Local Stir Fry Mixed Vegetables
BEVERAGE STATION	Mixed Fruit Agua Fresca

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



6 FOODS TO HELP REDUCE STRESS + BOOST MOOD



2. Avocado



1. Dark chocolate



3. Oily fish



4. Coffee



5. Berries



6. Whole grains

@elibrechnutrition



WELCOME BACK BBQ

AUGUST 19TH, 2026

BBQ BEEF BRISKET, EVERGOOD SPICY SAUSAGE LINKS, (V) BBQ PORTOBELLO, SPICY GARDEN LINKS, FRESH CORN ON THE COB, FRESH WATERMELON, JALAPENO CORN BREAD

August

SEASONAL PRODUCE GUIDE

VEGETABLES

ARUGULA
AVOCADO
BELL PEPPERS
BEETS
CABBAGE
CARROTS
CAULIFLOWER
CELERY
COLLARD GREENS
CORN
CUCUMBERS
EGGPLANT
GREEN BEANS
KALE
LEEKs
POTATO
RADICCHIO
SUMMER SQUASH
TOMATO
ZUCCHINI

FRUITS

APPLE
APRICOT
BLACKBERRIES
BLUEBERRIES
CANTALOUPE
CHERRIES
CRANBERRIES
CURRANTS
FIGS
GRAPES
HONEYDEW MELON
LIME
NECTARINE
PEACHE
PEAR
PLUMS
RASPBERRIES
WATERMELON



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