

Sacred Heart SHS Faculty Wellness Menu

Monday	September 14, 2026
SEASONAL SOUP	(V) Hot and Sour Soup
COMPOSED SALAD	Autumn Chopped Salad, Romaine Lettuce, Salty Sunflower Seeds, Bartlet Pear, Honey Crisp Apple, Dried Cranberries, Salty Feta in a Sweet Poppyseed Dressing
WELLNESS BAR	Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Japanese Chicken or (V) Tofu Curry, Rough Cut Carrots and Potatoes, White Jasmine Rice
BEVERAGE STATION	Lemon, Mint, Cucumber - Detoxifying
Tuesday	September 15, 2026
SEASONAL SOUP	Chicken Pozole with All The Fixin's
COMPOSED SALAD	Mexican Watermelon Salad, Arugula, Sweet Watermelon, Sliced Jalapeno, Cotija Cheese, Tajin Seasoning, Creamy Cilantro Lime Dressing
WELLNESS BAR	Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Cuban Beef or (V) Tofu Ropa Vieja, Cuban Yellow Rice, Black Beans, Hand Cut Salsa, Corn Tortillas
BEVERAGE STATION	Orange, Vanilla Bean, Cinnamon Stick - Vitamin C Boost, Regulate Blood Sugar, Calming
Wednesday	September 16, 2026
SEASONAL SOUP	(V) Chana Dal
COMPOSED SALAD	Toasted Farro Salad, Roasted Asparagus, Broccolini, And Radishes, Tart Cranberries. Topped with Dill, Chives, Honey Mustard Dressing
WELLNESS BAR	Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Beef or (V) Cauliflower Vindaloo with Peppers, Onions, Ginger Garlic Paste, Indian Spices, Steamed Lemon Rice, Garlic Naan and House made Cilantro Mint Chutney
BEVERAGE STATION	Blueberry, Lemon, Cucumber - Boost Metabolism, Detox, BH Balance
Thursday	September 17, 2026
SEASONAL SOUP	Hearty Chicken Cacciatore Soup with Rice
COMPOSED SALAD	Kale and Quinoa Salad, Roasted Butternut Squash, Tangy Dried Cranberries, Crumbled Feta, Basic Italian Dressing
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Free Range Chicken and Applewood Smoked Bacon or (V) Wild Mushroom Pasta with Fresh Spinach and Tomatoes in Garlic Cream Sauce
BEVERAGE STATION	Pear, Raspberry, Rosemary - Lowers Blood Pressure - Increases Blood Flow to the Brain
Friday	September 18, 2026
SEASONAL SOUP	New England Clam Chowder
COMPOSED SALAD	Mixed Green Salad with Crunchy Romaine, Sliced Red Onions, Black Olives, Tangy Pepperoncini, Shredded Parmesan, Tomatoes and Classic Croutons with Italian Vinaigrette
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Grass Fed Burger Bar or Garden Burger Bar with All The Fixins, Gator Tots
BEVERAGE STATION	Cucumber Pineapple - Hydration

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

