

Sacred Heart SHS Faculty Wellness Menu

Monday	September 21, 2026
SEASONAL SOUP	Creamy Corn Chowder
COMPOSED SALAD	Sweet Apple, Tart Cranberry, Toasted Walnut Salad with Mixed Greens and Spinach, Point Reyes Blue Cheese, in a Balsamic Vinaigrette
WELLNESS BAR	Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Korean Bulgogi Beef or (V) Portobello, Pickled Ginger Rice, Roasted Bok Choy, Kimchi, Topped with Sesame and Scallions
BEVERAGE STATION	Lemon Cucumber Mint Spa Water
Tuesday	September 22, 2026
SEASONAL SOUP	Albondigas
COMPOSED SALAD	Mexican Taco Salad, Romaine, Iceberg Lettuce, Tomatoes, Black Beans, Red Onions, Cheddar Cheese, Sour Cream with French Dressing
WELLNESS BAR	Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Pork or (V) Tofu al Pastor Mexican Rice, Whole Pinto Beans, Hand Cut Salsa, Flour Tortillas, Cool Sour Cream
BEVERAGE STATION	Cucumber Lemon
Wednesday	September 23, 2026
SEASONAL SOUP	Cowboy Stew
COMPOSED SALAD	BBQ Salad, Romaine Lettuce, Black Beans, Roasted Corn, Monterey Jack Cheese, Chopped Tomatoes, Shredded Jicama, Topped with BBQ Sauce and Tortilla Strips with Ranch Dressing
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Grilled Tri-Tip or (V) Portobello with Roasted Brussel with Bacon, Garlic Mashed Potatoes, Brown Gravy, Dinner Roll
BEVERAGE STATION	Strawberry Basil Lemonade
Thursday	September 24, 2026
SEASONAL SOUP	(V) Vegetable Barley Soup
COMPOSED SALAD	Classic Green Salad, Crunchy Iceberg and Red Cabbage, Chopped Tomatoes, Sliced Black Olives, Pepperoncini, Shredded Parmesan, Sliced Red Onions, Crunchy Croutons, Italian Dressing
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	House Made Macaroni and 5 Cheese with Apple Wood Smoked Bacon or (V) Butternut Squash, Roasted Broccoli and Garlic Bread
BEVERAGE STATION	Mint, Orange, Strawberry - Energy
Friday	September 25, 2026
SEASONAL SOUP	Pumpkin Soup
COMPOSED SALAD	Classic Caesar Salad, Crunchy Romain, Shaved Parmesan, House Made Croutons, Creamy Caesar Dressing
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Nachos Viva La Dia - Chicken Tinga or (V) Spicy Tofu, Shredded Cheese, Hand Cut Salsa, Refried Beans, Sour Cream, Pickled Jalapenos, Cilantro & Onions Hand Cut Salsa
BEVERAGE STATION	Mixed Fruit Aqua Fresca

Epicurean Group at Sacred Heart Schools
General Manager - Deanna Bower deanna@epicurean-group.com
SHP Executive Chef: Louis Leon
P8 Executive Chef: Lidia Garcia

CONTAINS DAIRY

CONTAINS PEANUTS

CONTAINS TREE NUTS

CONTAINS BEANS

CONTAINS SHELLFISH

CONTAINS SESAME

CONTAINS WHEAT OR GLUTEN

CONTAINS SUNDRIED SEEDS

CONTAINS CORN/MAIZE

CONTAINS EGG



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fresh. honest. local.