

Sacred Heart SHS Faculty Wellness Menu

Monday	August 31, 2026
SEASONAL SOUP	(V) Egg Drop
COMPOSED SALAD	(V) Red and Green Cabbage Mix, Chopped Cilantro, Shredded Carrots, Red Bell Peppers, Edamame, Fried Wonton Strips, Asian Dressing
WELLNESS BAR	Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Tender Beef Slices or (V) Organic Tofu in a Rich Savory Sauce, Crispy Broccoli with Yakisoba Noodles, Vegetarian Egg Rolls
BEVERAGE STATION	Lemon Mint - Cleansing Detoxifying
Tuesday	September 1, 2026
SEASONAL SOUP	Cheesy Chicken Enchilada
COMPOSED SALAD	(V) Blueberry Peach Feta Salad, Spinach, Blueberries, Grilled Peaches, Crunchy Cucumbers, Salty Feta, Fresh Basil in a Lemon Dijon Honey Vinaigrette
WELLNESS BAR	Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Slow Roasted Beef Chile Colorado or (V) Slow Roasted Tofu Chile Colorado, Side of Mexican Rice and Whole Beans with Queso Fresco and Corn Tortillas
BEVERAGE STATION	Apple, Carrot, Beet, Lemon Agua Fresca - Hangover
Wednesday	September 2, 2026
SEASONAL SOUP	(V) Broccoli Cheddar
COMPOSED SALAD	Chef's Salad, Iceberg Lettuce, Chopped Ham, Boiled Eggs, Chopped Tomato, Applewood Smoked Bacon, Shredded Carrots, Buttermilk Ranch
WELLNESS BAR	Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Chinese Five Spice All Natural Roasted Chicken or (V) Organic Tofu with Ginger-Cilantro Sweet Chili Glaze, Jasmine Rice and Sesame-Garlic Bok-Choy
BEVERAGE STATION	Green Tea with Mint
Thursday	September 3, 2026
SEASONAL SOUP	(V) Minestrone
COMPOSED SALAD	(V) Spinach and Arugula Farro Salad with Dried Figs, Sweet Potatoes, Goat Cheese, and Pepitas in a Balsamic Dressing
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Creamy Tuscan Chicken or (V) Tofu, Fresh Basil, Sundried Tomatoes, Pasta, Caser Salad, Garlic Bread
BEVERAGE STATION	Strawberry, Lemon, Basil
Friday	September 4, 2026
SEASONAL SOUP	Creamy Chicken and Rice
COMPOSED SALAD	(V) Peruvian Chopped Salad, Lima Beans, Radish, Red Onion, Feta, Black Olives, Cilantro, Corn, Fresh Romaine, Italian Dressing
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Peruvian Grilled Chicken or (V) Cauliflower Steak with Aji Verde Sauce with Peruvian Garlic Rice, Seasonal Vegetable Medley
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 Campus Executive Chef: Lidia Garcia - P-8 Campus	



EPICUREAN GROUP
fresh. honest. local.

9 HEALTHY FOODS TO BOOST YOUR MOOD



September



MENU KEY

