

Sacred Heart SHS Faculty Wellness Menu

Monday April 27, 2026

- SEASONAL SOUP** (V) Mediterranean White Bean Soup
- COMPOSED SALAD** Orzo Pasta, Fresh Spinach, Kalamata Olives, Chopped Persian Cucumbers, Red Onions, Salty Feta, Cherry Tomatoes, SH Mint, Free
- WELLNESS BAR** Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
- KITCHEN TABLE** Filipino Chicken Adobo or (V) Organic Tofu, Filipino Fried Garlic Rice, Roasted Broccoli
- BEVERAGE STATION** Pineapple, Fresh Orange, Rosemary

Tuesday April 28, 2026

- SEASONAL SOUP** (V) Poblano Corn Chowder
- COMPOSED SALAD** Spinach and Arugula Salad, Fresh Sliced Apples, Cucumbers, Point Reyes Crumbled Blue Cheese, Balsamic Vinaigrette
- WELLNESS BAR** Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
- KITCHEN TABLE** Aloha Kahlua Pork or (V) Portobello, Fresh Hawaiian Macaroni Salad, Grilled Pineapple Salsa. Hawaiian Rolls
- BEVERAGE STATION** Strawberry Basil Agua Fresca

Wednesday April 29, 2026

- SEASONAL SOUP** (V) Tofu Miso Ramen
- COMPOSED SALAD** Wonton Salad, Bean Sprouts, Red and Green Cabbage, Mandarins, Tomatoes, Cucumber, Asian Dressing, Crispy Wontons
- WELLNESS BAR** Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
- KITCHEN TABLE** Asian Teriyaki Beef or (V) Organic Tofu and Broccoli Stir Fry, Sticky Jasmine Rice, Vegetarian Egg Roll
- BEVERAGE STATION** Lemon, Strawberry, Mint

Thursday April 30, 2026

- SEASONAL SOUP** Beef and Barley
- COMPOSED SALAD** Crispy Romaine, Sliced Fuji Apples, Shredded White Cheddar, Creamy Poppyseed Dressing
- WELLNESS BAR** Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
- KITCHEN TABLE** Slow Cooked Carolina BBQ Chicken or (V) Portobello, Corn Polenta, Oven Roasted Garden Vegetables, Corn Bread
- BEVERAGE STATION** Carrot, Celery, Pineapple, Lemon - Joint Relief

Friday May 1, 2026

- SEASONAL SOUP** (V) Cream of Mushroom
- COMPOSED SALAD** Italian Chopped Salad, Romaine, Iceberg Lettuce, Chopped Tomatoes, Fresh Mozzarella Pearls, Provolone Chunks, Chickpeas, Sliced Pepperoncini, Sliced Sweet Red Onions, Fresh Dried Oregano, Tangy Vinaigrette
- WELLNESS BAR** Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
- KITCHEN TABLE** Cheese Tortellini House Italian Sausage Marinara or (V) Marinara, Shaved Parmesan, Caesar Salad, Cheesy Garlic Bread
- BEVERAGE STATION** Mixed Fruit Agua Fresca



Epicurean Group at Sacred Heart Schools

General Manager - Deanna Bower deanna@epicurean-group.com

Executive Chef SHP: Louis Leon

Executive Chef P8: Lidia Garcia

