

Sacred Heart SHS Faculty Wellness Menu

Monday

May 4, 2026

Tuesday May 5th

- SEASONAL SOUP** Caldo Verde with Chicken
- COMPOSED SALAD** Chopped Salad, Iceberg Lettuce, Red Cabbage, Chopped Tomatoes, Red Onion, Tangy Cranberries, Applewood Smoked Bacon, Point Reyes Blue Cheese Crumbles, with Creamy Blue Cheese Dressing
- WELLNESS BAR** Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
- KITCHEN TABLE** Free Range Huli Huli Chicken or (V) Tofu, Dwelley Farms Stir Fried Vegetables, Macaroni Salad, Green Scallions & Fresh Cilantro
- BEVERAGE STATION** Pineapple, Fresh Orange, Rosemary



Tuesday

May 5, 2026 P8 Only

- SEASONAL SOUP** Pozole
- COMPOSED SALAD** Grilled Chicken, Fresh Avocado, Mixed Greens, Roasted Corn, Crisp Tortilla Strips, Carrots, Chipotle Ranch Dressing
- WELLNESS BAR** Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
- KITCHEN TABLE** Thin Sliced Steak or (V) Portobello Fajitas, Red and Green Peppers, Sliced Onions, Lime Cilantro Rice, Roasted Elote Corn, Hand Cut Salsa, Tortillas
- BEVERAGE STATION** Strawberry Basil Auga Fresca

Wednesday

May 6, 2026

- SEASONAL SOUP** Hot and Sour
- COMPOSED SALAD** Chicken with Mixed Field Greens and Curly Kale with Fresh Strawberry, Tart Blueberry, Sweet Corn, Creamy Goat Cheese in a Honey Mustard
- WELLNESS BAR** Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
- KITCHEN TABLE** Szechuan Chicken or (V) Organic Tofu Stir Fry with Del Cabo Farms Roasted Mixed Bell Peppers, Onions, Snow Peas and Steamed Brown Rice
- BEVERAGE STATION** Lemon, Strawberry, Mint

Thursday

May 7, 2026

May Is Mental Health Awareness Month

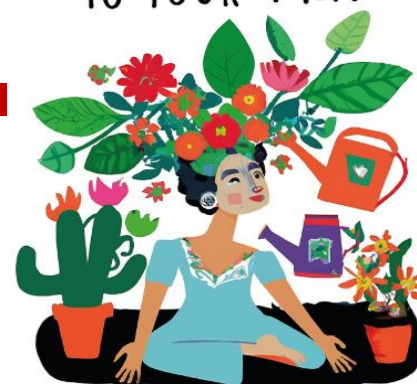
- SEASONAL SOUP** Italian Wedding Soup
- COMPOSED SALAD** Roasted Chicken, Fuji Apples and Kale with Dried Cherries, Toasty Almonds, And Salty Feta in a Balsamic Vinaigrette
- WELLNESS BAR** Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
- KITCHEN TABLE** Grilled Free Range Chicken or (V) Portobello Florentine, Pasta and Grilled Marinated Vegetables, Garlic Bread
- BEVERAGE STATION** Carrot, Celery, Pineapple, Lemon - Joint Relief

Friday

May 8, 2026

- SEASONAL SOUP** Broccoli Cheddar
- COMPOSED SALAD** Mediterranean Seasoned Chicken, Toasted Farro, Fresh Arugula, Roasted Red Peppers, Sun-Dried Tomatoes, Crumbled Feta Cheese, Marinated Artichoke Hearts, Kalamata Olives, And Fresh Parsley
- WELLNESS BAR** Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
- KITCHEN TABLE** Indian Butter Chicken or (V) Curry Infused Cauliflower Tossed In Rich And Buttery Tomato Gravy, Basmati Rice and Seasonal Vegetables
- BEVERAGE STATION** Mixed Fruit Agua Fresca

BE KIND TO YOUR MIND



Epicurean Group at Sacred Heart Schools

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

Executive Chef SHP: Louis Leon

Executive Chef P8: Lidia Garcia

