

# Sacred Heart SHS Faculty Wellness Menu

**Monday May 12, 2025**

- SEASONAL SOUP** Chicken Curry Soup with Rice  
Asian Salad, Red and Green Cabbage, Shredded Carrots, Green Onions, Chopped Cilantro, Toasted Sesame Seeds, Crunchy Wonton Strips, Asian Dressing
- COMPOSED SALAD** Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
- WELLNESS BAR** Coconut Mango Thai Chicken or (V) Tofu Curry, Red and Green Pepper, Mango Chunks, Jasmine Rice
- KITCHEN TABLE**
- BEVERAGE STATION** Lemon Cucumber Mint Spa Water

**Tuesday May 13, 2025**

- SEASONAL SOUP** (V) Cuban Black Bean  
Fajita Salad, Black Beans, Roasted Corn, Grilled Red and Green Peppers, Grilled Onions, Topped with Guacamole, Tortilla Strips and Chipotle Ranch
- COMPOSED SALAD** Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
- WELLNESS BAR** Pork al Pastor Marinated in Chiles, Spices and Pineapple, White Pineapple Rice, Whole Black Beans, Tortillas
- KITCHEN TABLE**
- BEVERAGE STATION** Horchata

**Wednesday May 14, 2025**

- SEASONAL SOUP** Chicken Barley  
Classic Caesar Salad, Romaine Lettuce, House Croutons, Parmesan Cheese, Caesar Dressing
- COMPOSED SALAD** Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
- WELLNESS BAR** Slow Roasted All Natural Barbecued Beef Brisket or (V) Portobello with Yukon Gold Garlic Mashed Potatoes and Brown Gravy, Spring Vegetable Medley
- KITCHEN TABLE**
- BEVERAGE STATION** Strawberry Basil Lemonade

**Thursday May 15, 2025**

- SEASONAL SOUP** Potato Chowder with Cheese and Bacon on the Side  
Toasted Farro Salad, Roasted Asparagus, Broccoli, Roasted Butternut Squash, Tart Cranberries and Salty Sunflower Seeds, with a Honey Mustard Dressing
- COMPOSED SALAD** Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
- WELLNESS BAR** Organic Mac-n-Cheese with Apple Smoked Chicken Sausage or (V) Vegetarian Mac-n-Cheese, Oven Roasted Vegetable Medley, Garlic Toast
- KITCHEN TABLE**
- BEVERAGE STATION** Mint, Orange, Strawberry - Energy

**Friday May 16, 2025**

- SEASONAL SOUP** New England Clam Chowder  
Kale and Quinoa Salad, Chopped Raw Broccoli, Chickpeas, Sliced Avocado, Salty Sunflower Seeds, Crumbled Feta, Basic Italian Dressing
- COMPOSED SALAD** Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
- WELLNESS BAR** Cowboy Beef or (V) Bulgur Chili, Shredded Sharp Cheddar Cheese, Sweet Red Onions, Chopped Green Onions and Cool Sour Cream, Jalapeno Cornbread
- KITCHEN TABLE**
- BEVERAGE STATION** Mixed Fruit Aqua Fresca

May is Mental Health Awareness Month

TIPS TO IMPROVE MENTAL HEALTH AND WELL BEING

Eat Healthy



Exercise regularly



Be Nice to yourself



Sleep Well



Connect to others



Epicurean Group at Sacred Heart Schools

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