

# Sacred Heart SHS Faculty Wellness Menu

Monday January 12, 2026

**SEASONAL SOUP** Minestrone  
Orzo Pasta, Fresh Spinach, Kalamata Olives, Chopped Persian Cucumbers, Red Onions, Salty Feta, Cherry Tomatoes, SH Mint, Free Range Chicken, Greek Dressing  
**KITCHEN TABLE** Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings  
**WELLNESS BAR** Penne Pasta Topped with a Creamy Mix of Red and Alfredo Sauce, Sliced Chicken or (V) Portobello, Roasted Seasonal Vegetables, Garlic Bread

**BEVERAGE STATION** Carrot, Pineapple, Lemon and Garlic - Fights Cold

Tuesday January 13, 2026

**SEASONAL SOUP** (V) Poblano and Sweet Corn Chowder  
Spinach and Arugula Salad, Fresh Sliced Pears, Point Reyes Crumbled Blue Cheese, Candied Walnuts, Balsamic Vinaigrette  
**KITCHEN TABLE** Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Tender Carne or (V) Tofu Guisada Smothered in a Luscious Tomato-Based Gravy, Mexican Vegetable Rice, Whole Pinto Beans, Tortillas  
**WELLNESS BAR** Pineapple, Thyme Iced Tea

**BEVERAGE STATION** Pineapple, Thyme Iced Tea

Wednesday January 14, 2026

**SEASONAL SOUP** (V) Butternut Squash and Apple Soup  
Orzo Pasta, Fresh Spinach, Kalamata Olives, Chopped Persian Cucumbers, Red Onions, Salty Feta, Cherry Tomatoes, SH Mint, Free Range Chicken, Greek Dressing  
**KITCHEN TABLE** Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings  
**WELLNESS BAR** Filipino Pork Adobo or (V) Organic Tofu, Filipino Fried Garlic Rice, Roasted Broccoli

**BEVERAGE STATION** Carrot, Apple, Spinach, Beet - Depression

Thursday January 15, 2026

**SEASONAL SOUP** (V) Split Pea  
Crispy Romaine, Sliced Fuji Apples, Candied Pecans, Shredded White Cheddar, Toasted Hazelnuts Creamy Poppyseed Dressing  
**KITCHEN TABLE** Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings  
**WELLNESS BAR** Slow Cooked Carolina BBQ Chicken or (V) Portobello, Corn Polenta, Oven Roasted Garden Vegetables, Corn Bread

**BEVERAGE STATION** Lavender, Blueberry, Lemon - Stress Relief/Relaxation

Friday January 16, 2026

**SEASONAL SOUP** (V) White Bean, Kale & Barley Soup  
Classic Caesar Salad with Shaved Parmesan and House Crotons  
**KITCHEN TABLE** Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings  
**WELLNESS BAR** Chicken or (V) Tofu Fried Rice, Mixed Vegetables, Scrambled Egg, Vegetable Egg Roll

**BEVERAGE STATION** Mixed Fruit Agua Fresca

**Epicurean Group at Sacred Heart Schools**

General Manager - Deanna Bower [deanna@epicurean-group.com](mailto:deanna@epicurean-group.com)

Executive Chef SHP: Louis Leon

Executive Chef P8: Lidia Garcia

## What You Should Start Doing Before 2026 to Maintain Strong Mental Health



Cultivate Your Well-being. Start Now

## 5 FOODS LINKED TO BETTER BRAINPOWER

### GREEN VEGGIES



1. Leafy greens such as kale, spinach, collards, and broccoli are rich in brain-healthy nutrients like vitamin K, lutein, folate, and beta carotene. Research suggests these plant-based foods may help slow cognitive decline.

### FATTY FISH



2. Fatty fish are abundant sources of omega-3 fatty acids, healthy unsaturated fats that have been linked to lower blood levels of beta-amyloid — the protein that forms damaging clumps in the brains of people with Alzheimer's disease.

### BERRIES



3. Flavonoids, the natural plant pigments that give berries their brilliant hues, also help improve memory, research shows.

### TEA + COFFEE



4. Coffee and tea might offer more than just a short-term concentration boost. In a recent study, participants with higher caffeine consumption scored better on tests of mental function.

### WALNUTS



5. Nuts are excellent sources of protein and healthy fats, and walnuts in particular might also improve memory, according to a study.

Created by: 

### MENU KEY



**EPICUREAN GROUP**

fresh. honest. local.