

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
COMPOSED SALAD	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
KITCHEN TABLE	
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
COMPOSED SALAD	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	
KITCHEN TABLE	
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
COMPOSED SALAD	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
KITCHEN TABLE	
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
COMPOSED SALAD	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
KITCHEN TABLE	
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
COMPOSED SALAD	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
KITCHEN TABLE	
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

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: www.health.harvard.edu

MENU KEY

CONTAINS SHELLFISH

CONTAINS PEANUTS

CONTAINS FISH

CONTAINS WHEAT OR GLUTEN

CONTAINS EGGS

CONTAINS DAIRY

CONTAINS TREE NUTS

EPICUREAN GROUP
fresh. honest. local.