

# Sacred Heart SHS Faculty Wellness Menu

**Monday January 20, 2025**

**SEASONAL SOUP**

**COMPOSED SALAD**

**WELLNESS BAR** Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings

**KITCHEN TABLE**

**BEVERAGE STATION**

**Tuesday January 21, 2025**

**SEASONAL SOUP** Chicken Pozole with All the Fixin's

**COMPOSED SALAD** Spinach and Arugula Salad, Fresh Sliced Red Grapes, Point Reyes Crumbled Blue Cheese, Salty Sunflower Seeds, Balsamic Vinaigrette

**WELLNESS BAR** Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings

**KITCHEN TABLE** Chicken or (V) Portobello Fajitas, Bell Peppers, Onion, Refried Beans, Cilantro Rice. Salsa. Sour Cream. Flour Tortillas

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

**Wednesday January 22, 2025**

**SEASONAL SOUP** (V) Tomato Basil

**COMPOSED SALAD** Asian Black Rice salad, Red and Green Cabbage, Black Rice, Sweet Mandarins, Toasted Cashews, Edamame, Green Onions, Crunchy Wontons, Asian Dressing

**WELLNESS BAR** Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings

**KITCHEN TABLE** Crispy Chicken or (V) Tofu Tossed in a Sweet Orange Chili Glaze with Jasmine Rice and Roasted Broccoli

**BEVERAGE STATION** Banana, Strawberry, Pear - Stress

**Thursday January 23, 2025**

**SEASONAL SOUP** Chicken Noodle

**COMPOSED SALAD** Fresh Spring Mix, Sliced Strawberries, Chopped Red Onions, Salty Feta and Poppyseed Dressing

**WELLNESS BAR** Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings

**KITCHEN TABLE** Oven Fried Chicken Or (V) Tofu, Yukon Gold Mashed Potatoes with Gravy, Roasted Broccoli and Carrots

**BEVERAGE STATION** Pineapple, Carrot, Lemon, Mint - Indigestion

**Friday January 24, 2025**

**SEASONAL SOUP** Beefy Minestrone

**COMPOSED SALAD** Classic Caesar Salad with, Shaved Parmesan and House Croutons

**WELLNESS BAR** Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings

**KITCHEN TABLE** Pasta with Bolognese Or (V) Marinara Sauce, Topped with Parmesan, Cheesy Garlic Bread

**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



## MENU KEY



**EPICUREAN GROUP**

*fresh. honest. local.*