

Sacred Heart SHS Faculty Wellness Menu

Monday	October 5, 2026
SEASONAL SOUP	Hearty Chicken Noodle
COMPOSED SALAD	Classic Cob Salad, Free Range Chicken, Crisp Romaine, Tomato, Applewood Smoked Bacon, Point Reyes Blue Cheese, Chopped Hard Boiled Eggs, House Made Ranch Dressing
WELLNESS BAR	Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Free Range Lemon Chicken or (V) Tofu Tagine with Olives, Apricots and Ratto Ranch Herbs served over Saffron Cous Cous and Stewed Chickpeas
BEVERAGE STATION	Apple, Carrot, Beet - Hangover Cure
Tuesday	October 6, 2026
SEASONAL SOUP	Cheesy Chicken Enchilada
COMPOSED SALAD	Spinach and Arugula Salad, Fresh Sliced Pears, Point Reyes Crumbled Blue Cheese, Candied Walnuts, Balsamic Vinaigrette
WELLNESS BAR	Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Goodbye Summer Hawaiian BBQ - Slow Roasted Kalua Pork or (V) Portobello, Pineapple and Vegetable Fried Rice, Hawaiian Macaroni Salad, Hawaiian Roll
BEVERAGE STATION	Lavender and Lemon - Promotes Calm
Wednesday	October 7, 2026
SEASONAL SOUP	Smoked Ham Hock and Lentil Soup
COMPOSED SALAD	Orzo Pasta, Fresh Spinach, Kalamata Olives, Chopped Persian Cucumbers, Red Onions, Salty Feta, Cherry Tomatoes, SH Mint, Free Range Chicken, Greek Dressing
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Jamaican Jerk Grilled Chicken or (V) Cauliflower Steak, Dirty Red Beans and Rice, Roasted Sweet Potatoes, Corn Bread
BEVERAGE STATION	Orange, Apple, Lemon, Watermelon - Kidney Stones
Thursday	October 8, 2026
SEASONAL SOUP	Creamy Roasted Pumpkin Soup with Bacon and Thyme
COMPOSED SALAD	Crispy Romaine, Sliced Fuji Apples, Candied Pecans, Shredded White Cheddar, Creamy Poppyseed Dressing
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Country Fried Steak or (V) Portobello with Garlic Parmesan Smashed Potatoes, Dwelley Farms Roasted Seasonal Vegetables and House made White Gravy
BEVERAGE STATION	Carrot, Apple, Spinach, Beet Aqua Fresca - Depression
Friday	October 9, 2026
SEASONAL SOUP	Manhattan Clam Chowder
COMPOSED SALAD	Dried Cranberry, Granny Smith Apple Quinoa, Curley Kale, Toasted Pecans, Crumbled Feta, Dijon Honey Mustard
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Turkey Meatloaf or (V) Garden Loaf, Mashed Potatoes and Gravy, Carrot Coins, Dinner Roll
BEVERAGE STATION	Mixed Fruit Aqua 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



EPICUREAN GROUP
fresh. honest. local.

OCTOBER

WebMD

Foods That May Help

FIGHT DEPRESSION

A balanced diet of whole foods may be good for your mood!

PROTEIN



Fatty fish, nuts, beans, lean meat

DAIRY



Reduced-fat yogurt, milk, cheese

LEAFY GREENS



Spinach, bok choy, kale

WHOLE GRAINS



Bulgur, millet, quinoa, brown rice

EAT FEWER PROCESSED AND SUGARY FOODS.

what's in season

october



Acorn Squash
Apples
Avocados
Bananas
Beets
Bell peppers
Broccoli
Brussels Sprouts
Butternut Squash
Cabbage
Carrots
Cauliflower
Celery
Eggplant
Figs
Grapes
Green Beans
Kale

Leeks
Lemons/Limes
Mushrooms
Parsnips
Pears
Persimmons
Pomegranates
Potatoes
Rutabagas
Shallot
Spaghetti Squash
Sweetpotatoes
Sweet Onions
Swiss Chard
Tomatoes
Turnips
Yams



MENU KEY

CONTAINS DAIRY

CONTAINS SHELLFISH

CONTAINS PEANUTS

CONTAINS TREE NUTS

CONTAINS EGGS

CONTAINS FISH

CONTAINS WHEAT OR GLUTEN

CONTAINS SOY/CHICKEN SEEDS

CONTAINS SESAME

CONTAINS BEANS

CONTAINS CORN/MAIZE