

Sacred Heart SHS Faculty Wellness Menu

Monday	October 12, 2026
SEASONAL SOUP	Cream of Sweet Potato Apple Soup
COMPOSED SALAD	Harvest Bowl, Curley Kale, Spring Mix, Roasted Yam, Quinoa, Chopped honey Crisp Apple, Slivered Almonds, Goat Cheese, Balsamic Vinaigrette
WELLNESS BAR	Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Mongolian Style Free Range Chicken or (V) Tofu Stir Fry with Peppers and Onions served with Steamed Rice, Fresh Cilantro, Green Onions and Toasted Sesame Seeds
BEVERAGE STATION	Carrot, Celery, Pineapple, Lemon - Arthritis
Tuesday	October 13, 2026
SEASONAL SOUP	(V) Poblano and Corn Chowder
COMPOSED SALAD	BBQ Salad, Fresh Mixed Greens, Roasted Corn, Organic Black Beans, Crunchy Jicama, Chopped Tomato, Tortilla Strips, House Ranch
WELLNESS BAR	Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Green Chili Chicken or (V) Cheese Layered with Corn Tortillas, Melty Jack Cheese, Topped with Black Olives Baked and Topped with Sour Cream, Served with Black Beans and Salsa Verde
BEVERAGE STATION	Pineapple, Thyme Iced Tea
Wednesday	October 14, 2026
SEASONAL SOUP	(V) Cream of Mushroom Soup
COMPOSED SALAD	Buffalo Salad, Crispy Romaine Lettuce, Shredded Carrots, Crunchy Celery, Cherry Tomatoes, Blue Cheese Crumbles, Creamy Buffalo Ranch
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Slow Cooked Grass Fed Beef or (V) Organic Mushroom Stroganoff over Egg Noodles and Blue Lake Green Beans
BEVERAGE STATION	Carrot, Apple, Spinach, Beet - Depression
Thursday	October 15, 2026
SEASONAL SOUP	Hot and Sour
COMPOSED SALAD	Roasted Red and Orange Beet Salad with Spinach and Arugula, Goat Cheese, Granny Smith Apples, Toasted Walnuts with Balsamic Vinaigrette
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Chicken or (V) Organic Tofu Fried Rice with Cage Free Egg, Carrots, Corn, Green Beans, Peas, Vegetable Spring Roll
BEVERAGE STATION	Mixed Fruit Aqua Fresca

General Manager - Deanna Bower deanna@epicurean-group.com

Executive Chef SHP: Louis Leon

Executive Chef P8: Lidia Garcia



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