

Sacred Heart SHS Faculty Wellness Menu

Monday	
SEASONAL SOUP	(V) Lemony Greek Chickpea Soup with Orzo and Fresh Vegetables Mediterranean Toasted Farro, Fresh Arugula, Roasted Red Peppers, Sun-Dried
COMPOSED SALAD	Tomatoes, Crumbled Feta Cheese, Marinated Artichoke Hearts, Kalamata Olives, And Fresh Parsley
WELLNESS BAR	Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Indian Butter Chicken or (V) Palak Paneer Cooked With Homemade Indian Tandoori Masala, Tossed In Rich And Buttery Tomato Gravy, Basmati Rice
BEVERAGE STATION	Cucumber, Lemon, Mint - Cures Halitosis
Tuesday October 20, 2026	
SEASONAL SOUP	Chicken Tortilla Soup Topped with Cheese and Tortilla Strips
COMPOSED SALAD	Mixed Greens, Fresh Avocado, Crisp Tortilla Strips, Carrots, Cilantro Lime Dressing
WELLNESS BAR	Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Slow Roasted Crispy Shredded Pork Carnitas or (V) Portobello, and served with Tiny Flour Tortillas, Onion and Cilantro, Avocado Salsa, Cool Sour Cream, Whole Black Beans
BEVERAGE STATION	Lemon Strawberry - Flushes Out Toxins
Wednesday October 21, 2026	
SEASONAL SOUP	(V) Tomato and Basil Soup
COMPOSED SALAD	Mixed Field Greens and Curly Kale with Fresh Strawberry, Tart Blueberry, Avocado, Sweet Corn, Creamy Goat Cheese in a Honey Mustard
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Sweet and Sour Chicken or (V) Organic Tofu served with White Jasmine Rice and Garlic Green Beans
BEVERAGE STATION	Apple Cucumber - Glowing Skin
Thursday October 22, 2026	
SEASONAL SOUP	(V) Vegetables Minestrone
COMPOSED SALAD	Fuji Apples and Kale with Dried Cherries, Toasty Almonds, And Salty Feta in a Balsamic Vinaigrette
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Tri-Colored Cheese Tortellini with Creamy Alfredo Sauce Topped with Chicken or (V) Portobello, Shaved Parmesan, Sundried Tomatoes, Cheesy Garlic Bread
BEVERAGE STATION	Strawberry Lemonade
Friday October 23, 2026	
SEASONAL SOUP	Italian Sausage and Bean Soup
COMPOSED SALAD	Chopped Salad, Iceberg Lettuce, Red Cabbage, Chopped Tomatoes, Red Onion, Tangy Cranberries, Applewood Smoked Bacon, Point Reyes Blue Cheese Crumbles, with Creamy Ranch
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Skirt Steak or (V) Portobello with Chimichurri Sauce and Potatoes au Gratin, Seasonal Vegetables, House Made Rolls
BEVERAGE STATION	Mixed Fruit Aqua Fresca

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

Executive Chef SHP: Louis Leon

 **EPICUREAN GROUP**
fresh. honest. local.

MENU KEY





















