

Sacred Heart SHS Faculty Wellness Menu

Monday	September 28, 2026
SEASONAL SOUP	Butternut Squash
COMPOSED SALAD	Italian Chopped Salad: Mixed Greens, Crunchy Romain, Cured Salami, Chopped Ham, Tomatoes, Sliced Pepperoncini, Black Olives, Provolone, Italian Dressing
WELLNESS BAR	Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Chicken or (V) Tofu Kung Pao, Penne Pasta, Zucchini, Bell Peppers, Baby Corn, Onions, Fresh Cilantro & Green Onions
BEVERAGE STATION	Fresh Orange, SH Honey Spa Water - Boosts Immunity
Tuesday	September 29, 2026
SEASONAL SOUP	House Made Chicken Pozole Bar with All The Fixin's
COMPOSED SALAD	Fiesta Bowl: Quinoa, Black Beans, Fresh Romaine, Roasted Corn, Toy Box Tomatoes, Sweet Red Onions, SH Cilantro, Crunchy Tortilla Strips, Chipotle Ranch
WELLNESS BAR	Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Slow Roasted Beef Chile Colorado or (V) Slow Roasted Tofu Chile
BEVERAGE STATION	Colorado, Side of Mexican Rice and Whole Beans with Queso Fresco and Corn Tortillas
BEVERAGE STATION	Banana, Strawberry, Pear Aqua Fresca - Relieves Stress
Wednesday	September 30, 2026
SEASONAL SOUP	(V) Baby Bok Choy Soup With Garlic and Ginger
COMPOSED SALAD	Asian Inspired Quinoa, Carrots, Red Bell Pepper, Chickpeas, Local Broccoli, Chopped Kale, Sweet Asian Dressing
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Thai Slow Braised Beef or (V) Tofu, Coconut Milk, Green Curry, Steamed Jasmine Rice, Dwelley Farms Grilled Vegetables, Cilantro & Green Onions
BEVERAGE STATION	Carrot, Watermelon, Cucumber, Cilantro Spa Water - Kidney Detox
Thursday	October 1, 2026
SEASONAL SOUP	Tomato Basil Soup
COMPOSED SALAD	Moroccan Bowl: Cucumbers, Tomatoes, Roasted Peppers, Spiced Chickpeas, Turmeric Cauliflower, Red Onions, Brown Rice, Oil & Vinegar
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Chicken or (V) Falafel Shawarma Plate with Romaine Lettuce, Tomatoes, Red Onions, Feta Cheese, Persian Cucumber, Riata Sauce, Couscous, Toasted Pita
BEVERAGE STATION	Carrots, Beets, Lemon, Green Apple, Spinach Spa Water - Fights Fatigue
Friday	October 2, 2026
SEASONAL SOUP	Lemony White Bean & Potato Soup
COMPOSED SALAD	Caesar Salad with Fresh Baked Croutons, Chicken, Parmesan Cheese, House Caesar
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Beef and Italian Sausage or (V) Spinach Mushroom Lasagna with Ricotta, Mozzarella, Marinara, Garlic Bread
BEVERAGE STATION	Mixed Fruit Aqua Fresca

Epicurean Group at Sacred Heart Schools
General Manager - Deanna Bower deanna@epicurean-group.com
SHP Executive Chef: Louis Leon
P8 Executive Chef: Lidia Garcia



Happy Fall



October	
SEASONAL PRODUCE GUIDE	
VEGETABLES	FRUITS
ARUGULA	APPLES
AVOCADO	BLACKBERRIES
BEETS	CRANBERRIES
BROCCOLI	FIGS
BRUSSEL SPROUTS	GRAPES
BUTTERNUT SQUASH	GRAPEFRUIT
CABBAGE	KIWI
CARROTS	LEMON
CAULIFLOWER	LIME
COLLARD GREENS	ORANGES
CHICORY	PEAR
EGGPLANT	PLUMS
KALE	POMEGRANATE
LEEEKS	CHESTNUTS
PEAS	WALNUTS
POTATOES	
PUMPKIN	
RUNNER BEANS	
SPINACH	
SWEET POTATOES	
TOMATOES	
ZUCCHINI	

MENU KEY

