

# 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

