

Sacred Heart SHS Faculty Wellness Menu

Monday	October 26, 2026
SEASONAL SOUP	(V) Tuscan Veggie Stew
COMPOSED SALAD	Sweet Apple, Tart Cranberry, Toasted Walnut Salad with Mixed Greens and Spinach, Point Reyes Blue Cheese, in a Simple Vinaigrette
WELLNESS BAR	Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Macaroni and Cheese with Free Range Chicken, Applewood Smoked Bacon or (V) Butternut Squash Topped with Seasoned Breadcrumbs, Caesar Salad
BEVERAGE STATION	Lemon Cucumber Mint Spa Water

Tuesday	October 27, 2026
SEASONAL SOUP	Creamy Chicken-Corn Chowder
COMPOSED SALAD	Kale and Quinoa Salad, Chopped Raw Broccoli, Chickpeas, Sliced Avocado, Bright Pomegranate Seeds, Sliced Raw Almonds, Crumbled Feta, Balsamic Vinaigrette
WELLNESS BAR	Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Baked Potato Bar, Mexican Spiced Beef or (V) Tofu, Shredded Cheese, Whole Black Beans, Roasted Corn, Sour Cream, Smashed Avocado, Pickled Jalapeno, Hand Cut Salsa, Crunchy Tortilla Strips
BEVERAGE STATION	Horchata

Wednesday	October 28, 2026
SEASONAL SOUP	(V) Potato Leek Soup
COMPOSED SALAD	Mixed Greens, Toasted Farro, Applewood Smoked Bacon, Butternut Squash, Dried Figs, Goat Cheese, Sunflower Seeds, Balsamic Vinaigrette
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	BBQ Pulled Pork or (V) Tofu, Corn Bread, Baked Beans, Roasted Broccoli, Honey Chipotle BBQ Sauce
BEVERAGE STATION	Mint, Orange, Strawberry - Energy

Thursday	October 29, 2026
SEASONAL SOUP	(V) Ginger-Spiced Carrot Soup
COMPOSED SALAD	Asian Salad Red and Napa Cabbage, Green Onions, Quinoa, Edamame, Blood Orange, Shredded Carrots, Chopped Celery, Cilantro, Asian Dressing, Crunchy Wontons
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Crispy Sesame Chicken or (V) Organic Tofu with a Sticky Asian Sauce, Jasmine Rice, Roasted, Garlic Green Beans
BEVERAGE STATION	Lemonade Lavendar - Calm

Friday	October 30, 2026
SEASONAL SOUP	(V) Savory Pumpkin and Sage Soup
COMPOSED SALAD	Venus Flytrap Salad with Pepperoncini, Black Olives, Red Onions, Sliced Cucumber, Parmesan Cheese with Italian Dressing
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Spookghetti and Eyeballs in a Bloody Red Sauce, Keep the Vampires Away Garlic Bread
BEVERAGE STATION	Mixed Fruit Aqua Fresca

Epicurean Group at Sacred Heart Schools
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Executive Chef SHP: Louis Leon

