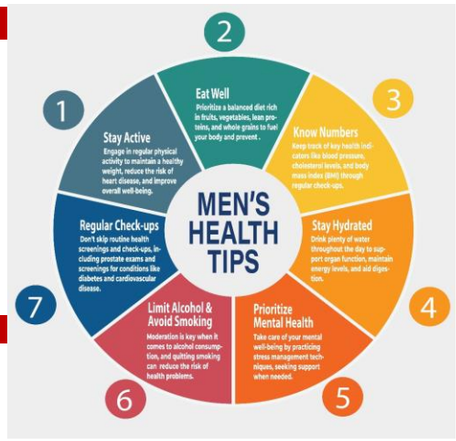
Sacred Heart SHS Faculty Wellness Menu

Monday	November 9, 2026
SEASONAL SOUP	Minestrone
COMPOSED SALAD	Classic Green Salad, Tomato, Cucumber, Pepperochini, Red Onions, Italian Dressing
WELLNESS BAR	Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Cheese Ravioli a la Vodka with Free Range Chicken, Caramelized Onions, Peas & Grilled Garlic Bread
BEVERAGE STATION	Ginger, Fresh Orange, SH Honey Spa Water - Boosts Immunity
Tuesday	**November 10, 2026**
SEASONAL SOUP	Chicken Pozole Verde
COMPOSED SALAD	(V) 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 Barbacoa Beef or (V) Portobello, Mexican Vegetable Rice, Whole Pinto Beans, Tortillas
BEVERAGE STATION	Banana, Strawberry, Pear Aqua Fresca - Relieves Stress
Wednesday	**November 11, 2026**
SEASONAL SOUP	Smoked Ham Hock and Lentil Soup
COMPOSED SALAD	(V) Roasted Sweet Potatoes with Quinoa, Kale, Dried Cranberries, Salty Feta in a Balsamic Vinaigrette
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Grilled Free Range Jamaican Jerk Chicken or (V) Portobello with Caribbean Style Rice, Green Beans and Mango Salsa
BEVERAGE STATION	Sweet Texas Iced Tea
Thursday	**November 12, 2026**
SEASONAL SOUP	Creamy Roasted Pumpkin Soup with Bacon and Thyme
COMPOSED SALAD	Red Pear and Curly Kale Salad Chopped Bacon, Crumbled Blue Cheese, Sunflower Seeds, Balsamic Vinaigrette
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Tender Chunks of Beef (V) Tofu Simmered in a Rich Red Wine Gravy with Mashed potatoes and Butternut Squash
BEVERAGE STATION	Carrots, Beets, Lemon, Green Apple, Spinach Spa Water - Fights Fatigue
Friday	**November 13, 2026**
SEASONAL SOUP	Clam Chowder
COMPOSED SALAD	(V) Spinach and Arugula Autumn Harvest Honeycrisp Apple and Feta Salad with Pomegranate Arils, Candied Pumpkin Seeds, Dijon Vinaigrette
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Pan-Fried Chicken Cutlets or (V) Portobello in a Lemon, Butter, and Caper Sauce with Pasta, and Roasted Seasonal Vegeatbles
BEVERAGE STATION	Mixed Fruit Agua Fresca



November is Men's Mental Health Month



MENU KEY



EPICUREAN GROUP
fresh. honest. local.

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