Sacred Heart SHS Faculty Wellness Menu

Monday	November 16, 2026
SEASONAL SOUP	Zuppa Toscana with Pork Sausage, Potatoes, Kale & Cream
COMPOSED SALAD	Bulgar Salad, Chickpeas, Cucumber, Red Bell Pepper, Red Onions, Parsley, Mint with a Lemon Tahini Dressing
WELLNESS BAR	Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Cheese Tortellini Florentine with Free Range Grilled Chicken or (V) Vegetarian, Roasted Red Peppers, Tomatoes, Star Farms Organic Spinach, Garlic, Onions and Clover Cream topped with Parmesan Bread Crumbs
BEVERAGE STATION	Carrot, Celery, Pineapple, Lemon - Arthritis

Tuesday	November 17, 2026
SEASONAL SOUP	Chili Blanca with Chicken and Great Northern Beans
COMPOSED SALAD	Mexican Street Corn Pasta Salad! Bowtie Pasta, Roasted Corn, Black Beans, Fresh Herbs, Cotjia Cheese, Tossed in a Creamy 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 Chicken or (V) Tofu Chile Verde, Mexican Rice, Whole Pinto Beans, Cool Sour Cream, Flour Tortillas, Hand Cut Salsa
BEVERAGE STATION	Pineapple, Thyme Iced Tea

Wednesday	November 18, 2026
SEASONAL SOUP	(V) Red Coconut Curry Soup Recipe
COMPOSED SALAD	Buffalo Salad, Crispy Romaine Lettuce, Shredded Carrots, Crunchy Celery, Cherry Tomatoes, Blue Cheese Crumbles, Creamy Buffalo Ranch
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Mongolian Orange Beef or (V) Organic Tofu, Vidalia Onions, Sweet Red and Yellow Peppers, Sweet Pineapple, Roasted Broccoli over White Rice
BEVERAGE STATION	Carrot, Apple, Spinach, Beet - Depression

Thursday	November 19, 2026
SEASONAL SOUP	(V) Vegetable Noodle Soup
COMPOSED SALAD	Roasted Red and Orange Beet Salad with Spinach and Arugula, Granny Smith Apples, Toasted Walnuts, Goat Cheese and Balsamic Vinaigrette
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Roasted Turkey (V) Tofu with Baked Candied Yams, Dwelley Farms Roasted Seasonal Vegetables and Housemade Turkey Gravy, House Baked Biscuit
BEVERAGE STATION	Lavender, Blueberry, Lemon - Stress Relief/Relaxation

Friday	November 20, 2026
SEASONAL SOUP	Soup Du Jour
COMPOSED SALAD	Classic Green Salad, Tomato, Red Onions, Pepperochini, Parmesan Cheese and Crutons
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Free Range Chicken or (V) Tofu Stir Fry with Egg Fried Rice, Green Onions & Toasted Sesame Seeds, Vegetable Spring Roll
BEVERAGE STATION	Mixed fruit Agua Fresca

Talk Turkey To Me



SHS Thanksgiving Food Drive
November 18th at Lower Campus
Speiker Building

MENU KEY



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

EPICUREAN GROUP
fresh. honest. local.