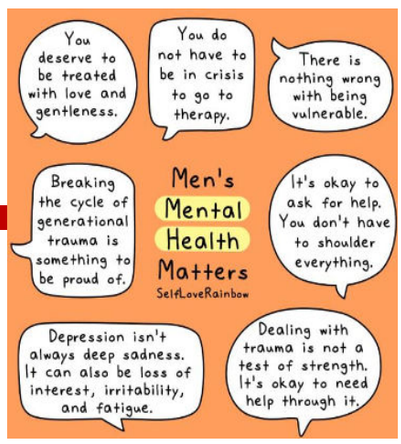
Sacred Heart SHS Faculty Wellness Menu

Monday	November 2, 2026
SEASONAL SOUP	Homestyle Chicken Noodle
COMPOSED SALAD	Waldorf Salad, Baby Spinach, Sliced Red Grapes, Chopped Honeycrisp Apples, Crunchy Celery, Toasted Walnuts, Poppyseed Dressing
WELLNESS BAR	Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Stir-Fry Beef or (V) Tofu Sauteed with Fresh Broccoli Florets and Coated in a Savory Sauce, Jasmine Rice, Vegetable Spring Roll
BEVERAGE STATION	Lemon Cucumber Mint Spa Water
Tuesday	**November 3, 2026**
SEASONAL SOUP	(V) Sonoran-Style Potato, Cheese, and Tomato Soup
COMPOSED SALAD	Mexican Taco Salad, Romaine and Iceberg Lettuce, Tomatoes, Black Beans, Red Onions, Roasted Corn Cheddar Cheese, Sour Cream with a Spicy Chipotle Ranch
WELLNESS BAR	Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Michocan Red Chicken or (V) Wild Mushroom Mole, Mexican Rice, Whole Pinto Beans, Hand Cut Salsa, Flour Tortillas, Cool Sour Cream
BEVERAGE STATION	Mint, Orange, Strawberry - Energy
Wednesday	**November 4, 2026**
SEASONAL SOUP	(V) Kale White Bean and Farro Stew
COMPOSED SALAD	BBQ Salad, Romaine Lettuce, Black Beans, Roasted Corn, Monterey Jack Cheese, Chopped Tomatoes, Shredded Jicama, Topped with BBQ Sauce and Tortilla Strips with Ranch Dressing
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Herb Tri-Tip or (V) Organic Tofu with Balsamic Glaze, Scalloped Potatoes, Roasted Broccoli and Dinner Roll with Soft Butter Pats
BEVERAGE STATION	Strawberry Basil Lemonade
Thursday	**November 5, 2026**
SEASONAL SOUP	Chicken and Rice Soup
COMPOSED SALAD	Spring Mix, Blood Orange, Sun Flower Seeds, Goat Cheese, Cucumbers, Balsamic Vinaigrette
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Homestyle Chicken or (V) Tofu Pot Pie Filled with Tender Chicken and Mixed Vegetables Topped with Flakey Puffed Pastry and Baked to Perfection
BEVERAGE STATION	Lavender Lemonade
Friday	**November 6, 2026**
SEASONAL SOUP	(V) Indian Lemon and Coriander Soup
COMPOSED SALAD	Spring Mix, Sliced Fresh Mango, Batonnet Cut Cucumbers, Red Onions, Cilantro, Roasted Peanuts, Balsamic Vinaigrette
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Pumpkin Curry with Chicken or (V) Cauliflower, Basmati Rice, Spinach and Red Pepper, Warm Nan
BEVERAGE STATION	Mixed Fruit Aqua Fresca

November

November is Men's Mental Health Month



MENU KEY

EPICUREAN GROUP
fresh. honest. local.

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