

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

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

November

November is Men's Mental Health Month

You deserve to be treated with love and gentleness.

You do not have to be in crisis to go to therapy.

There is nothing wrong with being vulnerable.

Breaking the cycle of generational trauma is something to be proud of.

Men's Mental Health Matters
SelfLoveRainbow

It's okay to ask for help. You don't have to shoulder everything.

Depression isn't always deep sadness. It can also be loss of interest, irritability, and fatigue.

Dealing with trauma is not a test of strength. It's okay to need help through it.

MENU KEY

CONTAINS DAIRY

CONTAINS SHELLFISH

CONTAINS PEANUTS

CONTAINS TREE NUTS

CONTAINS EGGS

CONTAINS WHEAT OR GLUTEN

CONTAINS SESAME

CONTAINS SOY

CONTAINS FISH



EPICUREAN GROUP
fresh. honest. local.