

Sacred Heart SHS Faculty Wellness Menu

Monday	December 1, 2025
SEASONAL SOUP	(V) Zucchini Basil Soup with Lemon
COMPOSED SALAD	Mediterranean Toasted Farro, Fresh Arugula, Roasted Red Peppers, Sun-Dried Tomatoes, Crumbled Feta Cheese, Marinated Artichoke Hearts, Kalamata Olives, And Fresh Parsley
WELLNESS BAR	Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Indian Butter Chicken or (V) Palak Paneer, Cooked With Homemade Indian Tandoori Masala, Tossed In Rich And Buttery Tomato Gravy, Basmati Rice and Curried Cauliflower
BEVERAGE STATION	Cucumber, Lemon, Mint - Cures Halitosis
Tuesday	December 2, 2025
SEASONAL SOUP	Chicken Enchilada Soup
COMPOSED SALAD	Mixed Greens, Fresh Avocado, Crisp Tortilla Strips, Carrots, Cilantro in a Italian Vinaigrette
WELLNESS BAR	Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Aloha Kalua Pulled Pork or (V) Portobello, Pineapple Fried Vegetable Rice and a Sweet Hawaiian Roll
BEVERAGE STATION	Lemon Strawberry - Flushes Out Toxins
Wednesday	December 3, 2025
SEASONAL SOUP	Tomato Basil Soup
COMPOSED SALAD	Mixed Field Greens and Curly Kale with Fresh Strawberry, Tart Blueberry, Avocado, Sweet Corn, Goat Cheese, Honey Mustard
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Free Range Spicy Szechuan Chicken or (V) Tofu Stir Fry, Green Zucchini, Peppers, Carrots, Onions & Steamed Jasmine Rice
BEVERAGE STATION	Apple Cucumber - Glowing Skin
Thursday	December 4, 2025
SEASONAL SOUP	Minestrone Soup
COMPOSED SALAD	Fuji Apples and Kale with Dried Cherries, Toasty Almonds, And Salty Feta in a Balsamic Vinaigrette
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Pasta with Garlic Chicken or (V) Tofu, Caramelized Onions, Roasted Tomato Arrabbiata Sauce & Lemon Garlic Parmesan Bread Crumbs
BEVERAGE STATION	Strawberry Lemonade
Friday	December 5, 2025
SEASONAL SOUP	New England Clam Chowder
COMPOSED SALAD	Chopped Salad, Iceberg Lettuce, Red Cabbage, Chopped Tomatoes, Red Onion, Tangy Cranberries, Applewood Smoked Bacon, Point Reyes Blue Cheese Crumbles, with Creamy Ranch
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Skirt Steak or (V) Roasted Portobello with Calabrian Chile Chimichurri and Parmesan Lemon Roasted Potatoes
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



MENU KEY

CONTAINS SHELLFISH

CONTAINS TREE NUTS

CONTAINS EGGS

CONTAINS DAIRY

CONTAINS WHEAT OR GLUTEN

CONTAINS FISH

CONTAINS PEANUTS

**EPICUREAN GROUP**
fresh. honest. local.