

Sacred Heart SHS Faculty Wellness Menu

Monday	February 9, 2026
SEASONAL SOUP	(V) Creamy Tofu and Wild Rice Soup
COMPOSED SALAD	Spring Mix, Pickled Beet Salad with Pears, and Goat Cheese Balsamic Vinaigrette
WELLNESS BAR	Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Mongolian Beef or (V) Portobello with Red and Yellow Peppers, Sautéed Onions and Sliced Scallions Served with Jasmine Rice and Winter Mixed Vegetables
BEVERAGE STATION	Ginger, Fresh Orange, SH Honey Spa Water - Boosts Immunity
Tuesday	February 10, 2026
SEASONAL SOUP	(V) Poblano and Sweet Corn Chowder
COMPOSED SALAD	Fiesta Bowl: Quinoa, Black Beans, Fresh Romaine, Roasted Corn, Toy Box Tomatoes, Sweet Red Onions, SH Cilantro, Crunchy Tortilla Strips, Sliced Avocado, Avocado Vinaigrette
WELLNESS BAR	Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Marinated Pork or (V) Portobello Al Pastor, Vegetable Rice, Black Beans, Pineapple Salsa with Tortilla
BEVERAGE STATION	Banana, Strawberry, Pear Aqua Fresca - Relieves Stress
Wednesday	February 11, 2026
SEASONAL SOUP	(V) Italian Vegetable Soup
COMPOSED SALAD	(V) House Salad with Iceberg and Romaine Lettuce, Tomato, Sliced Red Onion, Shredded Carrots, Raisins, Cucumber, Crumbled Blue Cheese, and Ranch Dressing
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Cheese Ravioli with House Bolognese or (V) Marinara Sauce, Parmesan Cheese, Roasted Broccoli, Garlic Bread
BEVERAGE STATION	Sweet Texas Iced Tea
Thursday	February 12, 2026
SEASONAL SOUP	(V) Butternut Squash Soup
COMPOSED SALAD	Moroccan Bowl: Cucumbers, Tomatoes, Roasted Peppers, Spiced Chickpeas, Turmeric Cauliflower, Red Onions, Brown Rice, Lemon Tahini Dressing
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Greek Free Range Chicken or (V) Cauliflower Shawarma Plate with Romaine Lettuce, Tomatoes, Red Onions, Feta Cheese, Persian Cucumber, Tziki Sauce, Basmati Rice, Toasted Pita
BEVERAGE STATION	Carrots, Beets, Lemon, Green Apple, Spinach Spa Water - Fights Fatigue
Friday	February 13, 2026
SEASONAL SOUP	(V) Miso Soup
COMPOSED SALAD	(V) Romaine Lettuce, Caesar Dressing, House Croutons, Parmesan Cheese
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Chicken or (V) Vegetable Fried Rice, Peas, Carrots, Green Beans, Fried Egg, Served with Vegetable Spring Roll
BEVERAGE STATION	Mixed Fruit Agua Fresca



EAT MORE
VEGETABLES



GET ENOUGH
SLEEP



STAY
MINDFUL



DRINK
WATER



GET SOME FRESH AIR



EXERCISE



DETOX



ADD MORE
FRUIT

HEALTHY LIFESTYLE

February

Note to Self

Self-love means

accepting all

your strenghts

and weaknesses

Happy Valentine's Day!

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



EPICUREAN GROUP
fresh. honest. local.