

# Sacred Heart SHS Faculty Wellness Menu

Monday February 2, 2026

**SEASONAL SOUP** (V) Egg Drop  
 Asian Salad, Red and Green Cabbage, Shredded Carrots, Green Onions,  
**COMPOSED SALAD** Chopped Cilantro, Toasted Sesame Seeds, Crunchy Wonton Strips, Sweet  
 Chili Gochujang Dressing  
**WELLNESS BAR** Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made  
 Dressings, with Condiments and Toppings

**KITCHEN TABLE** Free Range Chicken or (V) Tofu Kung Pao, Red and Green Peppers and Onion  
 with White Jasmine Rice and Local Stir Fry Mixed Vegetables

**BEVERAGE STATION** Cucumber, Lemon, Mint - Cures Halitosis

Tuesday February 2, 2026

**SEASONAL SOUP** Caldo Verde Chicken  
**COMPOSED SALAD** Fajita Salad, Black Beans, Roasted Corn, Grilled Red and Green Peppers,  
 Grilled Onions, Topped with Guacamole, Tortilla Strips and Chipotle Ranch  
**WELLNESS BAR** Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made  
 Dressings, with Condiments and Toppings  
**KITCHEN TABLE** Chicken or (V) Tofu Fajitas with Sauteed Onions, Red and Green Peppers,  
 Cilantro Lime Rice, Black Beans, Flour Tortillas  
**BEVERAGE STATION** Lemon Strawberry - Flushes Out Toxins

Wednesday February 2, 2026

**SEASONAL SOUP** (V) Vegetable Orzo Soup  
 Toasted Farro Salad, Roasted Asparagus, Broccolini, Roasted Butternut  
**COMPOSED SALAD** Squash, Tart Cranberries and Salty Sunflower Seeds, with a Honey Mustard  
 Dressing  
**WELLNESS BAR** Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings,  
 with Condiments and Toppings  
**KITCHEN TABLE** Layers of Ground Beef and Sausage or (V) Spinach Lasagna, Ricotta Cheese,  
 House Made Sauce, and Cheese Bread Sticks  
**BEVERAGE STATION** Apple Cucumber - Glowing Skin

Thursday February 2, 2026

**SEASONAL SOUP** (V) Corn Chowder  
 Kale and Quinoa Salad, Chopped Raw Broccoli, Chickpeas, Sliced Avocado,  
**COMPOSED SALAD** Bright Pomegranate Seeds, Sliced Raw Almonds, Crumbled Feta, Basic Italian  
 Dressing  
**WELLNESS BAR** Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings,  
 with Condiments and Toppings  
**KITCHEN TABLE** Coffee Rubbed Tri Tip or (V) Portobello with Truffle Parmesan Potato  
 Wedges, Pan Seared Bacon and Brussels Sprouts and House Made  
 Chimichurri Sauce  
**BEVERAGE STATION** Strawberry Lemonade

Friday February 2, 2026

**SEASONAL SOUP** New England Clam Chowder  
**COMPOSED SALAD** Classic Caesar Salad, Romaine Lettuce, House Croutons, Parmesan Cheese,  
 Caesar Dressing  
**WELLNESS BAR** Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings,  
 with Condiments and Toppings  
**KITCHEN TABLE** Sweet Jalapeno Cornbread Topped with Cowboy Beef or (V) Bulgur Chili,  
 Shredded Sharp Cheddar Cheese, Sweet Red Onions, Chopped Green Onions  
 and Cool Sour Cream  
**BEVERAGE STATION** Mixed Fruit Agua Fresca

**Epicurean Group at Sacred Heart Schools**

General Manager - Deanna Bower [deanna@epicurean-group.com](mailto:deanna@epicurean-group.com)

Executive Chef SHP: Louis Leon

Executive Chef P8: Lidia Garcia

## PROMOTIONS

The New England Patriots have won six Super Bowl titles and have a league-record 12 Super Bowl appearances, including the upcoming Super Bowl LX. They are currently tied with the Pittsburgh Steelers for the most Super Bowl wins by a franchise.

The Seattle Seahawks have appeared in the Super Bowl three times previously and won once. Their sole victory came in Super Bowl XLVIII, a dominant 43-8 win over the Denver Broncos in 2014



## MENU KEY

