

Sacred Heart SHS Faculty Wellness Menu

Monday	February 2, 2026
SEASONAL SOUP	(V) Egg Drop
COMPOSED SALAD	Asian Salad, Red and Green Cabbage, Shredded Carrots, Green Onions, 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
COMPOSED SALAD	Toasted Farro Salad, Roasted Asparagus, Broccolini, Roasted Butternut 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
COMPOSED SALAD	Kale and Quinoa Salad, Chopped Raw Broccoli, Chickpeas, Sliced Avocado, 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

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

Epicurean Group at Sacred Heart Schools

General Manager - Deanna Bower deanna@epicurean-group.com

Executive Chef SHP: Louis Leon

Executive Chef P8: Lidia Garcia

EPICUREAN GROUP

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