

Sacred Heart SHS Faculty Wellness Menu

Monday	February 23, 2026
SEASONAL SOUP	(V) Cream of Mushroom
COMPOSED SALAD	Spring Mix, Arugula, Sweet Dried Fruit, Fresh Crisp Apples, Point Reyes Blue Cheese, Balsamic Vinaigrette
WELLNESS BAR	Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Mediterranean Marinated Sliced Steak or (V) Tofu, Brown Rice, Roasted Vegetable Medley - Zucchini, Mushrooms, Fingerling Potatoes, Whole Garlic, Campari Tomatoes, House Naan
BEVERAGE STATION	Ginger, Fresh Orange, SH Honey Spa Water - Boosts Immunity
Tuesday	February 24, 2026
SEASONAL SOUP	Chicken Posole with All the Fixins
COMPOSED SALAD	Toasted Farro Salad, Roasted Asparagus, Broccolini, And Radishes, Tart Cranberries. Topped with Dill, Chives, Honey Mustard Dressing
WELLNESS BAR	Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Traditional Chicken or (V) Tofu Mole, Mexican Vegetable Rice, Black Beans, Cool Sour Cream and Tiny Flour Tortillas
BEVERAGE STATION	Banana, Strawberry, Pear Aqua Fresca - Relieves Stress
Wednesday	February 25, 2026
SEASONAL SOUP	Baked Potato Chowder Loaded with All The Fixins'
COMPOSED SALAD	Italian Pasta Salad, Bow Tie Pasta, Romaine Lettuce, Genoa Salami, Sweet Sopressa, Tomato, Garbanzo Beans, Pepperoncini, Black Olives, Pepperoncini, Italian Dressing
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Cajun Pasta, Free Range Chicken, Andouille Sausage, or (V) Cauliflower and Mushroom, Bell Peppers, Onions, Celery, Cajun Cream Sauce & Sweet Texas Iced Tea
BEVERAGE STATION	
Thursday	February 26, 2026
SEASONAL SOUP	Classic Chicken Noodle Soup
COMPOSED SALAD	Mixed Greens, Roasted Butternut Squash, Fresh Crisp Apples, Sweet Dried Figs, Toasted Pumpkin Seeds, And Creamy Goat Cheese in an Balsamic Vinaigrette
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Hunan Tender Beef or (V) Portobello, Mixed Vegetable Medley, Spicy, Sweet Sauce, Jasmine Rice
BEVERAGE STATION	Carrots, Beets, Lemon, Green Apple, Spinach Spa Water - Fights Fatigue
Friday	February 27, 2026
SEASONAL SOUP	(V) Tuscan Tomato and Basil Soup
COMPOSED SALAD	(V) Classic Caesar Salad, Romaine Lettuce, Shaved Parmesan and House Croutons with Caesar Dressing
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	(V) House Made Butternut Squash Macaroni and Cheese, Mixed Vegetables and Garlic Bread
BEVERAGE STATION	Mixed Fruit Agua 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



5 REASONS TO ADD COLOR

Colorful, delicious and nutritious foods help keep our bodies and minds healthier, longer.

- 1. Lots of the Good**
Fruits and vegetables provide many beneficial nutrients, vitamins and minerals. Add fruits and vegetables to meals and snacks for a nutritional power boost.
- 2. Less of the Bad**
Fruits and vegetables are typically free of trans fat, saturated fat and sodium. Load up!
- 3. Won't Weigh You Down**
Fruits and vegetables are low in calories. They fill you up, thanks to the fiber and water they contain, that can help manage your weight.
- 4. Super Flexible Super Foods**
All forms of fruits and vegetables — fresh, frozen, canned and dried — can be part of a healthy diet. They are among the most versatile, convenient and affordable foods you can eat. Choose those with little or no added sodium or added sugar.
- 5. A Whole Body Health Boost**
A healthy eating plan full of fruits and vegetables can help lower your risk of many serious and chronic health conditions, including heart disease, obesity, high blood pressure, diabetes and some types of cancer. They're also essential to your everyday health.

Menu Key

- CONTAINS WHEAT OR GLUTEN
- CONTAINS DAIRY
- CONTAINS EGGS
- CONTAINS FISH
- CONTAINS PEANUTS
- CONTAINS TREE NUTS
- CONTAINS SHELLFISH

EPICUREAN GROUP
fresh. honest. local.