

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 &

BEVERAGE STATION Sweet Texas Iced Tea

Thursday February 26, 2026

SEASONAL SOUP Classic Chicken Noodle Soup

Mixed Greens, Roasted Butternut Squash, Fresh Crisp Apples, Sweet

COMPOSED SALAD 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

(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

TYPES OF SELF-CARE



REASONS TO ADD COLOR

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



EPICUREAN GROUP
fresh. honest. local.