

Sacred Heart SHS Faculty Wellness Menu

Monday 3/9/2026 Prep Side Only

SEASONAL SOUP	Chicken and Rice
COMPOSED SALAD	Greek Salad - Romaine, Chopped Cucumber, Feta, Cherry Tomatoes, Kalamata Olives, Red Onions, Greek 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) Vegetable Shawarma, Basmati Rice, Vegetable Medley, Shredded Lettuce, Cherry Tomatoes, Pickled Red Onions, Sliced Cucumbers, Salty Feta, Lebanese Garlic Sauce, House Naan
BEVERAGE STATION	Apple, Carrot, Beet, Lemon - Hangover

Tuesday March 10, 2026

SEASONAL SOUP	Chicken Caldo Verde
COMPOSED SALAD	Mexican Salad Fresh Romaine Lettuce, Roasted Sweet Corn, Crunchy Red Bell Peppers, Tomatoes, Black Beans, Salty Pepitas, Avocados, Kicking Pepper Jack Cheese and Crispy Tortilla, Chipotle Ranch
WELLNESS BAR	Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Slow Roasted Pork or (V) Tofu Carnitas with Corn Tortillas, Aztec Rice, Whole Beans, Cool Sour Cream
BEVERAGE STATION	Banana, Strawberry, Pear Agua Fresca - Stress

Wednesday March 11, 2026

SEASONAL SOUP	(V) Butternut Squash Soup
COMPOSED SALAD	Classic American Cobb Salad, with Bacon, Avocado, Tomato, Hardboiled Egg, Point Reyes Blue, And Ranch Dressing
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Slow Roasted Beef or (V) Tofu and Mushrooms with Roasted Carrots, Garlic Mashed Potatoes and Brown Gravy
BEVERAGE STATION	Orange, Apple, Watermelon, Lemon - Kidney Stones

Thursday March 12, 2026

SEASONAL SOUP	(V) Vegetable Soup
COMPOSED SALAD	Spring Mixed Greens with Pickled Beets, Pears, Spice Glazed Walnuts and Goat Cheese Drizzled with A Homemade Sweet Balsamic Vinaigrette Dressing
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Breaded Buttermilk Chicken or Tofu (V), Baked Candied Yams, Roasted Asparagus and Mushroom Medley
BEVERAGE STATION	Ice Tea

Friday March 13, 2026

SEASONAL SOUP	New England Clam Chowder
COMPOSED SALAD	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	Crispy Cod Fish and Chips, Tarter Sauce, Malt Vinegar
BEVERAGE STATION	Mixed Fruit Agua Fresca

HOW TO INCORPORATE MENTAL HEALTH INTO YOUR DAILY ROUTINE

@BELIEVEPHQ

1. Make sure you have time throughout day to practice self care. Schedule in some "me" time
2. Spend time to really connect with colleagues or family members
3. Engage in something which can boost your mental health (E.g. exercise, volunteering)
4. Incorporate relaxation into your day. Why not try some deep breathing?
5. Take time to observe and assess your feelings and emotions
6. At the end of each day write down 3 good things you have achieved or are grateful for
7. Plan some activities which are pleasurable and give you a sense of achievement
8. If you experience negative thoughts write them down and challenge them
9. Look after your physical self. Eat a balanced diet, take breaks and go for a walk
10. If you are feeling low or anxious then don't be afraid to talk to someone

MENU KEY

EPICUREAN GROUP
fresh. honest. local.

Epicurean Group at Sacred Heart Schools
 General Manager - Deanna Bower deanna@epicurean-group.com
 Executive Chef SHP: Louis Leon
 Executive Chef P8: Lidia Garcia