

Sacred Heart SHS Faculty Wellness Menu

Monday	March 16, 2026
SEASONAL SOUP	Mulligatawny Soup Baby Spinach, Fresh SH Mint, Sweet Sliced Strawberry, Creamy Goat Cheese, Salty Sunflower Seeds, Crunchy Cucumber, Poppyseed Dressing
COMPOSED SALAD	Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
WELLNESS BAR	Butter Chicken or (V) Palak Paneer, Basmati Rice, Seasonal Vegetable Medley
KITCHEN TABLE	
BEVERAGE STATION	Pear, Pomegranate, Clove - Anti-Inflammatory
Tuesday	March 17, 2026
SEASONAL SOUP	Classic Irish Potato Soup Irish Flag Mandarin Cucumber Salad, Baby Spinach and Arugula, Sweet Mandarins, Crunchy Cucumber, Creamy Goat Cheese, Sliced Avocado, Vinaigrette
COMPOSED SALAD	Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
WELLNESS BAR	St. Paddy's Day Corned Beef or (V) Portobello and Cabbage with Roasted Carrots and Potatoes
KITCHEN TABLE	
BEVERAGE STATION	Banana, Strawberry, Pear Agua Fresca - Stress
Wednesday	March 18, 2026
SEASONAL SOUP	Hot and Sour Soup
COMPOSED SALAD	Crunchy Detox Salad, Chopped Broccoli, Carrots, Cauliflower, Celery, Ginger, Parsley, Raisins, Red Cabbage, Sunflower Seeds, Vinaigrette
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Sweet and Sticky Crispy Beef or (V) Tofu, Pickled Ginger Rice, Roasted Snow Peas and Carrots
BEVERAGE STATION	Blueberries, Lemon, Cucumber - Boost Metabolism
Thursday	March 19, 2026
SEASONAL SOUP	Tortellini with Sausage and Kale Olive Garden Italian Salad, Crispy Romaine, Pepperoncini, Chopped Tomato, Red Onion, Black Olives, Parmesan Cheese, Croutons, Italian Dressing
COMPOSED SALAD	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
WELLNESS BAR	Aloha Kalua Pulled Pork or (V) Portobello, Pineapple Fried Vegetable Rice, Pineapple Salsa and Hawaiian Rolls
KITCHEN TABLE	
BEVERAGE STATION	Lavender Lemonade
Friday	March 20, 2026
SEASONAL SOUP	New Clam Chowder Classic Caesar Salad, Romaine Lettuce, Shaved Parmesan and House Croutons with Caesar Dressing
COMPOSED SALAD	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
WELLNESS BAR	(V) Penne Pasta topped with Marinara Sauce, Parmesan Cheese, Broccoli, Garlic Bread
EARTHLY SELECTION	
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

How To Improve Your Spiritual Health



Understand Personal Values



Ask questions to yourself



Practice mindfulness



Practice yoga



Volunteer & help others



Learn to forgive



Spend time in nature



Connect with your faith



Increase your self-awareness



Practice self-love

St. Patty's Day Celebration

Tuesday 3/17

HAPPY ST. PATRICK'S DAY



May your blessings outnumber, the shamrocks that grow. And may trouble avoid you, wherever you go.





EPICUREAN GROUP

fresh. honest. local.