

Sacred Heart SHS Faculty Wellness Menu

Monday March 23, 2026

- SEASONAL SOUP** Creamy Zuppa Toscana Kale, Potato, Italian Sausage
Mediterranean Toasted Farro, Fresh Arugula, Roasted Red Peppers,
- COMPOSED SALAD** Sun-Dried Tomatoes, Crumbled Feta Cheese, Marinated Artichoke Hearts, Kalamata Olives, And Fresh Parsley
- WELLNESS BAR** Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
- KITCHEN TABLE** Halal Grilled Tandoori Chicken or (V) Curried Cauliflower, Aromatic Basmati Rice, Spicy Dal, Tomato Cucumber Onion Salad, House made Jalapeno Cilantro Chutney, Raita & Garlic Naan
- BEVERAGE STATION** Cucumber, Lemon, Mint - Cures Halitosis

Tuesday March 24, 2026

- SEASONAL SOUP** Chicken Tortilla Soup with Cheese and Tortilla Strips
- COMPOSED SALAD** Mixed Greens, Black Beans, Roasted Corn, Fresh Avocado, Crisp Tortilla Strips, Carrots, Cilantro Lime Vinaigrette
- WELLNESS BAR** Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
- KITCHEN TABLE** Slow Roasted Beef or (V) Tofu Chile Colorado, Aztec Rice, Black Beans, Hand Cut Salsa, Cool Sour Cream and Warm Tortillas
- BEVERAGE STATION** Lemon Strawberry - Flushes Out Toxins

Wednesday March 25, 2026

- SEASONAL SOUP** (V) Tofu Miso Ramen
- COMPOSED SALAD** Mixed Field Greens and Curly Kale with Fresh Strawberry, Tart Blueberry, Avocado, Sweet Corn, Creamy Goat Cheese in a Honey Mustard
- WELLNESS BAR** Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
- KITCHEN TABLE** Spicy Plum Pork or (V) Tofu Pan Fried Noodles, Bok Choy, Carrots, Onions, Fresh Cilantro & Green Onions
- BEVERAGE STATION** Apple Cucumber - Glowing Skin

Thursday March 26, 2026

- SEASONAL SOUP** Beef and Barley
- COMPOSED SALAD** Fuji Apples and Kale with Dried Cherries, Toasty Almonds, And Salty Feta in a Balsamic Vinaigrette
- WELLNESS BAR** Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
- KITCHEN TABLE** Free Range Chicken or (V) Portobello Piccata, Crispy Red Potatoes, Dwelley Farms Roasted Seasonal Vegetables & House made Lemon Caper Butter Sauce
- BEVERAGE STATION** Strawberry Lemonade

Friday March 27, 2026

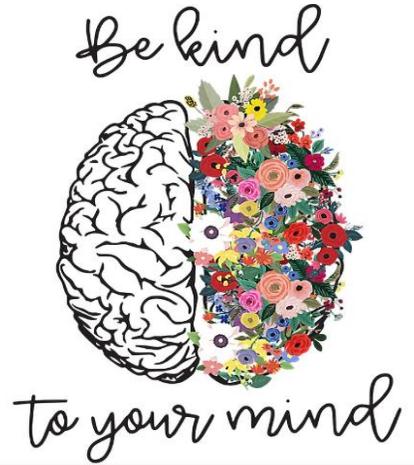
- SEASONAL SOUP**
- COMPOSED SALAD**
- WELLNESS BAR**
- KITCHEN TABLE**
- BEVERAGE STATION**

Epicurean Group at Sacred Heart Schools

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

Executive Chef SHP: Louis Leon

Executive Chef P8: Lidia Garcia



RESPECT YOUR BODY.
FUEL YOUR BODY.
CHALLENGE YOUR BODY.
MOVE YOUR BODY.
AND MOST OF ALL,
love your body.



EPICUREAN GROUP

fresh. honest. local.