

Sacred Heart SHS Faculty Wellness Menu

Monday March 2, 2026

SEASONAL SOUP	(V) Egg Drop Soup Asian Salad, Shredded Red and Green Cabbage, Mandarin Oranges,
COMPOSED SALAD	Edamame, Green Onions, Crunchy Wonton Strips, Red and Black Sesame Seeds in an Asian Vinaigrette
WELLNESS BAR	Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Korean Bulgogi Beef or (V) Portobello, Pickled Ginger Rice, Roasted Bok Choy, Topped with Sesame and Scallions
BEVERAGE STATION	Apple, Carrot, Beet, Lemon - Hangover

Tuesday March 3, 2026

SEASONAL SOUP	(V) Cajun Corn Chowder Mexican Taco Salad, Romaine and Iceberg Lettuce, Tomatoes, Black Beans, Red Onions, Cheddar Cheese, Sour Cream with a Spicy Chipotle Ranch
COMPOSED SALAD	Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
WELLNESS BAR	Pollo or (V) Portobello al Pastor with Charred Tomato Salsa, Mexican Vegetable Rice, Charro Beans, Smashed Avocado, Tortillas
KITCHEN TABLE	
BEVERAGE STATION	Banana, Strawberry, Pear Agua Fresca - Stress

Wednesday March 4, 2026

SEASONAL SOUP	(V) Tomato Basil Mixed Spring Greens, Dried Cranberry, Granny Smith Apple Quinoa,
COMPOSED SALAD	Curley Kale, Salty Sunflower Seeds, Crumbled Feta, Dijon Honey Mustard
WELLNESS BAR	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
KITCHEN TABLE	Spicy Pan Fried Noodles with Hoisin Roasted Pork or (V) Tofu, Roasted Seasonal Vegetables, Fresh Cilantro and Green Onions
BEVERAGE STATION	Orange, Apple, Watermelon, Lemon - Kidney Stones

Thursday March 5, 2026

SEASONAL SOUP	Beef and Barley Mixed Greens, Tomato, Cheddar Cheese, Cucumber, Red Onion, Croutons, Italian Dressing
COMPOSED SALAD	Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
WELLNESS BAR	Japanese Golden Curry Free Range Chicken or (V) Tofu, Rough Cut Carrots and Yukon Potatoes, Jasmine Rice
KITCHEN TABLE	
BEVERAGE STATION	Lavender Lemonade

Friday March 6, 2026

SEASONAL SOUP	New England 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) Cheese Raviolis with House Marinara or Garlic Alfredo Sauce, Roasted Broccoli, Garlic Bread
KITCHEN TABLE	
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

REASONS FOR FASTING

- 1 TO GROW IN SELF-MASTERY**
It helps us learn to say "no" to our appetites and be free from what we don't need.
- 2 OBEDIENCE AND DISCERNMENT**
It opens us up and allows us to let God and the Church tell us what is best for us.
- 3 WORSHIP AND SACRIFICE**
Fasting is a sacrifice oriented towards worship of God and not ourselves.
- 4 TO BE CO-REDEEMERS WITH JESUS**
As it is a sacrifice, we participate in the Cross of Jesus for the salvation of the world.

LENT

IT IS A LITURGICAL TIME OF PREPARATION FOR THE CELEBRATION OF EASTER.

IN THE EARLY YEARS OF THE CHURCH IT VARIED IN DURATION. IT WAS NOT UNTIL AROUND THE 4TH C. WHEN ITS DURATION WAS FIXED AT ITS CURRENT LENGTH.

ITS COLOR IS PURPLE, WHICH IS A SYMBOL OF REPENTANCE.

THE NUMBER FOUR SYMBOLIZES THE MATERIAL UNIVERSE, FOLLOWED BY ZEROS MEANS THE TIME OF OUR LIFE ON EARTH, FOLLOWED BY TRIALS AND DIFFICULTIES.

-STARTS: ASH WEDNESDAY
-ENDS: HOLY THURSDAY

ChurchPOP

10 THINGS TO DO WHEN YOUR LENT PLAN FAILS

- ACCEPT IT**: ACCEPT IF AND HOW YOUR PLAN HAS FAILED
- GO TO CONFESSION**: MAKE AN EXAMINATION OF CONSCIENCE AND START OVER
- GET BACK UP**: REMEMBER YOUR LENTEN RESOLUTIONS AND BEGIN AGAIN
- WHAT WENT WRONG?**: PONDER ON THE SERIES OF EVENTS THAT LED YOU HERE
- PRAY**: PRAYER HELPS YOU REVIVE YOUR SOUL. LISTEN TO GOD'S VOICE
- FAST**: FASTING ENABLES US TO DOMINATE OUR DESIRES
- GIVE ALMS**: WHEN WE GIVE ALMS, WE DO OURSELVES AND OTHERS A GREAT THING
- LISTEN**: FOLLOW THE ADVICE FROM THE PEOPLE IN YOUR LIFE
- FOCUS**: FOCUS ON ACCOMPLISHING WHAT YOU SET OUT TO DO
- ASK FOR HELP**: LEAN ON YOUR FRIENDS, PRIEST, MENTORS, AND FAMILY

