

Sacred Heart SHS Faculty Wellness Menu

| Monday | April 7, 2025 |
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| SEASONAL SOUP | (V) Creamy Tofu and Wild Rice Soup |
| COMPOSED SALAD | Spring Mix, Pickled Beet Salad with Pears, and Goat Cheese Balsamic Vinaigrette |
| WELLNESS BAR | Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings |
| KITCHEN TABLE | Mongolian Beef or (V) Portobello with Red and Yellow Peppers, |
| | Sautéed Onions and Sliced Scallions Served with Jasmine Rice and Winter Mixed Vegetables |
| BEVERAGE STATION | Ginger, Fresh Orange, SH Honey Spa Water - Boosts Immunity |

| Tuesday | April 8, 2025 |
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| SEASONAL SOUP | Chicken Tortilla |
| | Fiesta Bowl: Quinoa, Black Beans, Fresh Romaine, Roasted Corn, Toy |
| COMPOSED SALAD | Box Tomatoes, Sweet Red Onions, SH Cilantro, Crunchy Tortilla Strips, Sliced Avocado, Avocado Vinaigrette |
| WELLNESS BAR | Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings |
| KITCHEN TABLE | Free Range Chicken Chili Verde, Spanish Rice, Black Beans, Sour Cream, Flour Tortillas |
| BEVERAGE STATION | Banana, Strawberry, Pear Aqua Fresca - Relieves Stress |

| Wednesday | April 9, 2025 |
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| SEASONAL SOUP | (V) Tomato Basil Soup |
| | (V) House Salad with Iceberg and Romaine Lettuce, Tomato, Sliced Red |
| COMPOSED SALAD | Onion, Shredded Carrots, Raisins, Cucumber, Crumbled Blue Cheese, and Ranch Dressing |
| WELLNESS BAR | Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings |
| KITCHEN TABLE | Chicken and Sausage or (V) Vegetable Jambalaya with Corn on the Cob, Dirty Rice and Jalapeno Corn Bread |
| BEVERAGE STATION | Sweet Texas Iced Tea |

| Thursday | April 10, 2025 |
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| SEASONAL SOUP | (V) Zucchini SH Basil Soup with Lemon |
| | Moroccan Bowl: Cucumbers, Tomatoes, Roasted Peppers, Spiced |
| COMPOSED SALAD | Chickpeas, Turmeric Cauliflower, Red Onions, Brown Rice, Lemon Tahini Dressing |
| WELLNESS BAR | Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings |
| | Greek Free Range Chicken or (V) Cauliflower Shawarma Plate with |
| KITCHEN TABLE | Romaine Lettuce, Tomatoes, Red Onions, Feta Cheese, Persian Cucumber, Tziki Sauce, Basmati Rice, Toasted Pita |
| BEVERAGE STATION | Carrots, Beets, Lemon, Green Apple, Spinach Spa Water - Fights Fatigue |

| Friday | April 11, 2025 |
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| SEASONAL SOUP | New England Clam Chowder |
| COMPOSED SALAD | (V) Romaine Lettuce, Caesar Dressing, House Croutons, Parmesan Cheese |
| WELLNESS BAR | Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings |
| KITCHEN TABLE | (V) 5 Cheese Pizza, or Vegetable Pizza, with Roasted Broccoli |
| BEVERAGE STATION | Mixed Fruit Agua Fresca |



EAT MORE
VEGETABLES



GET ENOUGH
SLEEP



STAY
MINDFUL



DRINK
WATER



GET SOME FRESH AIR



EXERCISE



DETOX



ADD MORE
FRUIT

HEALTHY LIFESTYLE

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

