

# Sacred Heart SHS Faculty Wellness Menu

**Monday April 13, 2026**

**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** Free Range Lemon Rosemary Rotisserie Chicken or (V) Portobello, Roasted Red Potatoes, Seasoned Broccoli & Housemade Lemon Chicken Jus  
**BEVERAGE STATION** Ginger, Fresh Orange, SH Honey Spa Water - Boosts Immunity

**Tuesday April 14, 2026**

**SEASONAL SOUP** Chicken Tortilla with All the Fixins  
**COMPOSED SALAD** Fiesta Bowl: Quinoa, Black Beans, Fresh Romaine, Roasted Corn, Toy 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 or (V) Tofu Chili Verde, Spanish Rice, Black Beans, Sour Cream, Flour Tortillas  
**BEVERAGE STATION** Banana, Strawberry, Pear Aqua Fresca - Relieves Stress

**Wednesday April 15, 2026**

**SEASONAL SOUP** (V) Tomato Basil Soup  
 (V) House Salad with Iceberg and Romaine Lettuce, Tomato, Sliced  
**COMPOSED SALAD** Red 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 Cutlets or (V) Portobello Pan-Fried and Served in a Rich Sauce Made from Marsala Wine, Mushrooms, and Garlic and Shallots, Wild Rice Pilaf and Broccoli  
**BEVERAGE STATION** Sweet Texas Iced Tea

**Thursday April 16, 2026**

**SEASONAL SOUP** (V) Zucchini SH Basil Soup with Lemon  
**COMPOSED SALAD** Moroccan Bowl: Cucumbers, Tomatoes, Roasted Peppers, Spiced 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  
**KITCHEN TABLE** Greek Free Range Chicken or (V) Cauliflower Shawarma Plate with Romaine Lettuce, Tomatoes, Red Onions, Feta Cheese, Persian Cucumber, Lebanese Garlic, Basmati Rice, Naan  
**BEVERAGE STATION** Carrots, Beets, Lemon, Green Apple, Spinach Spa Water - Fights Fatigue

**Friday April 17, 2026**

**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** Pepperoni, Combination, Hawaiian or (V) 5 Cheese Pizza  
**BEVERAGE STATION** Mixed Fruit Agua Fresca



**Epicurean Group at Sacred Heart Schools**

General Manager - Deanna Bower [deanna@epicurean-group.com](mailto:deanna@epicurean-group.com)

Executive Chef SHP: Louis Leon

Executive Chef P8: Lidia Garcia

