

Sacred Heart SHS Faculty Wellness Menu

Monday April 20, 2026

- SEASONAL SOUP** Egg Drop
- COMPOSED SALAD** Red and Green Cabbage, Shredded Carrots, Sliced Red Bell, Crunchy Cucumbers, Edamame, Slivered Almonds, Wontons, Sesame Ginger
- WELLNESS BAR** Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
- KITCHEN TABLE** Spicy Plum Pork or (V) Tofu Stir Fried Noodles, Caramelized Onions, Carrots, Peppers, Ratto Ranch Bok Choy, Fresh Cilantro & Green
- BEVERAGE STATION** Lavendar Lemonade

Tuesday April 21, 2026

- SEASONAL SOUP** Chicken Pozole with All the Fixin's
- COMPOSED SALAD** Spinach and Arugula Salad, Fresh Sliced Red Grapes, Point Reyes Crumbled Blue Cheese, Salty Sunflower Seeds, Balsamic Vinaigrette
- WELLNESS BAR** Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
- KITCHEN TABLE** Lime Marinated Carne Asada Steak, Papas Bravas, Pinto Beans, Hand Cut Salsa
- BEVERAGE STATION** Carrot, Apple, Spinach Beet - Depression

Wednesday April 22, 2026

- SEASONAL SOUP** (V) Tomato Basil
- COMPOSED SALAD** Asian Black Rice salad, Red and Green Cabbage, Black Rice, Sweet Mandarins, Toasted Cashews, Edamame, Green Onions, Crunchy Wontons, Asian Dressing
- WELLNESS BAR** Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
- KITCHEN TABLE** Chicken or (V) Tofu Tossed in a Sweet Orange Chili Glaze with Jasmine Rice and Roasted Broccoli
- BEVERAGE STATION** Banana, Strawberry, Pear - Stress

Thursday April 23, 2026

- SEASONAL SOUP** Chicken Noodle
- COMPOSED SALAD** Fresh Spring Mix, Sliced Strawberries, Chopped Red Onions, Salty Feta and Poppyseed Dressing
- WELLNESS BAR** Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
- KITCHEN TABLE** Peruvian Chicken or (V) Portobello with Aji Verde Sauce, Sweet Potato Fries, Sauteed Zucchini and Squash
- BEVERAGE STATION** Pineapple, Carrot, Lemon, Mint - Indigestion

Friday April 24, 2026

- SEASONAL SOUP** Beefy Minestrone
- COMPOSED SALAD** Mixed Greens, Toasted Farro, White Bean, Roasted Bell Peppers, Crunchy Radicchio, Creamy Goat Cheese, Lemon Vinaigrette
- WELLNESS BAR** Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
- KITCHEN TABLE** Grass Fed Burger or (V) Garden Burger Bar, Crisp Lettuce, Sliced Tomato, Pickle Chips, German Red Potato Salad
- 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

