

Sacred Heart SHS Faculty Wellness Menu

Monday May 18, 2026

- SEASONAL SOUP** Split Pea and Ham
- COMPOSED SALAD** Classic Chefs Salad, Romaine, Tomato, Cucumber, Red Onion, Celery, Egg, Ham, Honey Dijon Dressing
- WELLNESS BAR** Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
- KITCHEN TABLE** All Natural Chicken or (V) Tofu Stir-Fry with Spicy Hoisin, Broccoli, Snow Peas, Carrots, with Jasmine Rice
- BEVERAGE STATION** Ginger, Fresh Orange, SH Honey Spa Water - Boosts Immunity

Tuesday May 19, 2026

- SEASONAL SOUP** Red Curry Pumpkin
- COMPOSED SALAD** Mixed Greens, Black Beans, Corn, Crunchy Jicama, Chopped Tomatoes, Red Onions, Cilantro, Avocado, Sweet and Chipotle Ranch
- WELLNESS BAR** Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings
Slow Roasted Crispy Shredded Pork Carnitas or (V) Portobello, and served with Tiny Flour Tortillas, Onion and Cilantro, Avocado Salsa, Cool Sour Cream, Whole Black Beans
- KITCHEN TABLE**
- BEVERAGE STATION** Banana, Strawberry, Pear Aqua Fresca - Relieves Stress

Wednesday May 20, 2026

- SEASONAL SOUP** Greek Beef Orzo with Sun Dried Tomato
- COMPOSED SALAD** Spring Mix, Spinach with Sliced Grapes, Quiona, Tart Cranberries, Crumbled Blue Cheese, Balsamic Dressing
- WELLNESS BAR** Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
- KITCHEN TABLE** Fire Grilled Seasoned Free Range Chicken Legs and Thighs or (V) Tofu with Macaroni Salad and Sweet Chili Grilled Corn on the Cobb
- BEVERAGE STATION** Sweet Texas Iced Tea

Thursday May 21, 2026


- SEASONAL SOUP** Curried Curried Lentil with Garlic Naan Croutons
- COMPOSED SALAD** Orzo Pasta, Fresh Spinach, Kalamata Olives, Chopped Persian Cucumbers, Red Onions, Salty Feta, Cherry Tomatoes, SH Mint, EVOO
- WELLNESS BAR** Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
- KITCHEN TABLE** Mediterranean Beef or (V) Mediterranean Cauliflower Shawarma Plate with Romain Lettuce, Tomatoes, Red Onions, Feta Cheese, Persian Cucumber, Tziki Sauce, Spiced Couscous, Toasted Pita
- BEVERAGE STATION** Carrots, Beets, Lemon, Green Apple, Spinach Spa Water - Fights Fatigue

Friday May 22, 2026

- SEASONAL SOUP** New England Clam Chowder
- COMPOSED SALAD** Italian Chopped Salad: Mixed Greens, Crunchy Romain, Tomatoes, Sliced Pepperoncini, Black Olives, Provolone, Italian Dressing
- WELLNESS BAR** Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings
- KITCHEN TABLE** Chicken or (V) Vegetarian Fried Rice, Peas, Carrots, Green Beans, Fried Egg, Served with Vegetable Spring Roll
- BEVERAGE STATION** Mixed Fruit Agua Fresca

**A graduation ceremony
is an event where the
commencement speaker tells
thousands of students
dressed in identical caps
and gowns that
"INDIVIDUALITY" is the
key to success.**

—
ROBERT ORBEN



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