

# Sacred Heart SHS Faculty Wellness Menu

Monday	May 19, 2025
SEASONAL SOUP	Chicken and Rice
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 20, 2025
SEASONAL SOUP	Chicken Tortilla with Topped with Cheese and Tortilla Strips
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
KITCHEN TABLE	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
BEVERAGE STATION	Banana, Strawberry, Pear Aqua Fresca - Relieves Stress
Wednesday	May 21, 2025
SEASONAL SOUP	(V) Tomato and Basil
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 22, 2025
SEASONAL SOUP	(V) Vegetable Minestrone
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 23, 2025
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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