

# Sacred Heart SHS Faculty Wellness Menu

**Monday September 15, 2025**

**SEASONAL SOUP** (V) Hot and Sour Soup  
**COMPOSED SALAD** Autumn Chopped Salad, Romaine Lettuce, Chicken, Salty Sunflower Seeds, Bartlet Pear, Honey Crisp Apple, Applewood Smoked Bacon, Dried Cranberries, Salty Feta in a Sweet Poppyseed Dressing  
**WELLNESS BAR** Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings  
**KITCHEN TABLE** Japanese Chicken or (V) Tofu Curry, Rough Cut Carrots and Potatoes, White Jasmine Rice  
**BEVERAGE STATION** Lemon, Mint, Cucumber - Detoxifying

**Tuesday September 16, 2025**

**SEASONAL SOUP** Pozole with All The Fixin's  
**COMPOSED SALAD** Mexican Watermelon Salad, Arugula, Sweet Watermelon, Sliced Jalapeno, Cotija Cheese, Tajin Seasoning, Creamy Cilantro Lime Dressing  
**WELLNESS BAR** Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings  
**KITCHEN TABLE** Cuban Beef or (V) Tofu Ropa Vieja, Cuban Yellow Rice, Black Beans, Hand Cut Salsa, Corn Tortillas  
**BEVERAGE STATION** Orange, Vanilla Bean, Cinnamon Stick - Vitamin C Boost, Regulate Blood Sugar, Calming

**Wednesday September 17, 2025**

**SEASONAL SOUP** (V) Chana Dal  
**COMPOSED SALAD** Chicken, Toasted Farro Salad, Roasted Asparagus, Broccolini, And Radishes, Tart Cranberries. Topped with Dill, Chives, Honey Mustard Dressing  
**WELLNESS BAR** Local Farm Vegetables and Fruit, Lean Protein, Organic Greens, House Made Dressings, with Condiments and Toppings  
**KITCHEN TABLE** Beef or (V) Cauliflower Vindaloo with Peppers, Onions, Ginger Garlic Paste, Indian Spices, Steamed Lemon Rice, Garlic Naan and House made Cilantro Mint Chutney  
**BEVERAGE STATION** Blueberry, Lemon, Cucumber - Boost Metabolism, Detox, BH Balance

**Thursday September 18, 2025**

**SEASONAL SOUP** Hearty Chicken Cacciatore Soup with Rice  
**COMPOSED SALAD** Kale and Quinoa Salad, Roasted Butternut Squash, Tangy Dried Cranberries, Crumbled Feta, Basic Italian Dressing  
**WELLNESS BAR** Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings  
**KITCHEN TABLE** Free Range Chicken and Applewood Smoked Bacon or (V) Wild Mushroom Pasta with Fresh Spinach and Tomatoes in Garlic Cream Sauce  
**BEVERAGE STATION** Pear, Raspberry, Rosemary - Lowers Blood Pressure - Increases Blood Flow to the Brain

**Friday September 19, 2025**

**SEASONAL SOUP** New England Clam Chowder  
**COMPOSED SALAD** Mixed Green Salad with Crunchy Romaine, Sliced Red Onions, Black Olives, Tangy Pepperoncini, Shredded Parmesan, Tomatoes and Classic Croutons with Italian Vinaigrette  
**WELLNESS BAR** Local Farm Vegetables and Fruit, Organic Greens, House Made Dressings, with Condiments and Toppings  
**KITCHEN TABLE** Cowboy Beef or (V) Chili with All the Fixins, Roasted Carrot Coins, Sweet Jalapeno Cornbread  
**BEVERAGE STATION** Cucumber Pineapple - Hydration

Epicurean Group at Sacred Heart Schools  
General Manager: Deanna Bower [deanna@epicurean-group.com](mailto:deanna@epicurean-group.com)  
Executive Chef: Louis Leon - SHP Campus  
Executive Chef: Lidia Garcia - P-8 Campus



## MOOD BOOSTING FOODS



WHOLE GRAINS



DARK CHOCOLATE



WHOLE FOODS



COCONUT



OMEGA-3 FATTY ACIDS



CAFFEINE



GINGER TEA



EGGS



WATER



VITAMINS & ESSENTIAL NUTRIENTS



AVOCADO



GRAPE



SHIITAKE MUSHROOM



RAW NUTS



SESAME SEEDS

## MOOD BUSTING FOODS



SATURATED FAT



ALCOHOL



SUGAR

## MENU KEY



EPICUREAN GROUP  
fresh. honest. local.