



Menu



Monday November 7, 2022	
Alarm Clock Breakfast	Chilaquiles with Cage Free Egg, Salsa Roja and Queso Fresco
Global Adventure	Argentinian Grass Fed Tri-tip with Chimichurri Sauce, Troubie Garden Rosemary Roasted Potatoes and Seasonal Vegetables
Platillos Latinos	Free Range Chicken Fajitas with Roasted Corn, Spanish Rice, Corn Tortillas, Pico de Gallo & Sour Cream
Panini	Grilled Cheese Sandwich and Free Range Chicken Noodle Soup

Tuesday November 8, 2022	
Alarm Clock Breakfast	Belgium Waffles with Strawberries, Crème and Warm Syrup
Izakaya	Free Range Mongolian Chicken with Fried Rice and Stir Fried Vegetables
Kitchen Table	Roasted Garlic Creamy Alfredo Pasta with Roasted Seasonal Vegetables and Garlic Bread
Panini	House Roasted Beef Panini with Provolone Cheese, Caramelized Onions and Pepper Jack Cheese

Wednesday November 9, 2022	
Alarm Clock Breakfast	Cage Free Egg Scramble with Smoked Applewood Bacon, Organic Baby Spinach and Breakfast Potatoes
Market Grill	Crispy Free Range Chicken and Waffle Sandwich with Sweet Potato Fries
Platillos Latinos	Build Your Own Potato Bar with Gourmet Toppings and Steamed Broccoli
Panini	All Natural Carnitas Torta with Shredded Lettuce, Roma Tomatoes, Onions and Mayonnaise

Thursday November 10, 2022	
Alarm Clock Breakfast	Bassian Farms Chorizo Breakfast Burrito with Cage Free Eggs, Roasted Potatoes and Mild Clover Cheddar Cheese
Market Grill	Grass Fed Beef Hamburger with Cheese, Lettuce, Tomato, Pickle and House Fries
Taste of Italy	Cheese Manicotti with Roasted Cauliflower and Broccoli Florets and Le Boulanger Garlic Bread
Panini	South Western Free Range Chicken Salad Wrap with Cilantro Ranch Dressing



Epicurean Group at St. Francis Catholic High School

Your Executive Chef: **Yony Salguero**

Café/Catering Manager: **Evelyn Barela**
(916) 737-5062

Café Service Hours

7:30 - 10:00
11:00 - 1:00
2:30 - 3:30

Today's Grab and Go Special

Monday:
Autumn Pear Salad with Mixed Greens and Spinach, Feta Cheese, Shredded Carrots, Cranberries and Balsamic Dressing

Tuesday:
Butternut Squash Quinoa Salad with Spinach and Pomegranate Seeds

Wednesday:
Free Range California Grilled Chicken and Avocado with Smoked Applewood Bacon, Cherry Tomato, Shredded Cheese, Roasted Corn and Ranch Dressing

Thursday:
Navel Orange Salad with Avocado, Red Onion, Shaved Fennel and Apple Cider Vinaigrette

Friday:
No School Enjoy your weekend

Promotions



In the Know

Epicurean Group is a Food Service Management Company headquartered on the West Coast.

We are one of the first food service companies to be certified as a Green Business, recognized for community environmental responsibility, resource conservation, and pollution prevention. We have ranked as one of the Food Management Top 50 Companies for 10 consecutive years.



Menu Key

