



# Menu



## Monday February 19, 2024

<i>Alarm Clock Breakfast</i>	Vegetarian Egg Scramble, Cage Free Eggs, Organic Spinach, Tomatoes, Sautéed Onions, Roasted Corn, Side of Toast
<i>Global Adventure</i>	Free Range Butter Chicken, Saffron Basmati Rice, Garlic Herb Naan Bread, Cucumber & Tomato Salad
<i>Platillos Latinos</i>	Beef Barbacoa Tostada Bowl, Spanish Rice, Pinto Beans, Shredded Lettuce, Cheese, Sour Cream & Roasted Salsa
<i>Panini</i>	Thinly Sliced Beef Philly Cheese Steak, Caramelized Onions, Peppers, Melted Pepper Jack Cheese, Kettle Chips

## Tuesday February 20, 2024

<i>Alarm Clock Breakfast</i>	Chocolate Chip Pancakes, Whipped Cream, Warm Maple Syrup, Two Pork Sausage Links
<i>Global Adventure</i>	Free Range Malibu Chicken, Honey Ham, Swiss Cheese, Honey Mustard Sauce, Creamy Polenta, Side Seasonal Salad
<i>Kitchen Table</i>	Cous Cous Mac & Cheese, Roasted Broccoli & Cauliflower, Garlic Bread
<i>Street Food</i>	Crispy Lemon Pepper Chicken Wings, Carrot & Celery Sticks, Ranch Dressing

## Wednesday February 21, 2024

<i>Alarm Clock Breakfast</i>	Breakfast Croissant Sandwich, Honey Ham, Cage Free Egg & Cheddar Cheese (Vegetarian Available)
<i>Platillos Latinos</i>	All Natural Pork Carnitas Bowl, Cilantro Rice, Roasted Corn & Black Bean Salsa, Avocado Cream
<i>Kitchen Table</i>	Baked Potato Bar, Steamed Broccoli, Sautéed Mushrooms, Zucchini, Cheese Sauce, Sour Cream, Melted Butter, Chives
<i>Wraps</i>	Free Range Thai Basil Chicken Wrap, Glass Noodles, Sweet Chili Sauce

## Thursday February 22, 2024

<i>Alarm Clock Breakfast</i>	Cheese Blintz, Strawberries & House Made Crème
<i>Kitchen Table</i>	Baked Salmon Bowl, Brown Rice, Edamame, Carrots & lettuce
<i>Penne</i>	Creamy Pesto Penne, Roasted Vegetables, Side Seasonal Salad
<i>Flat Bread</i>	Vegetarian Mediterranean Flat Bread with Pesto, Spinach, Marinated Artichokes, Feta Cheese, Tzatziki Drizzle

## Friday February 23, 2024

<i>Alarm Clock Breakfast</i>	Cheese Blintz, Strawberries & House Made Crème
<i>Kitchen Table</i>	Baked Salmon Bowl, Brown Rice, Edamame, Carrots & lettuce
<i>Penne</i>	Creamy Pesto Penne, Roasted Vegetables, Side Seasonal Salad
<i>Flat Bread</i>	Vegetarian Mediterranean Flat Bread with Pesto, Spinach, Marinated Artichokes, Feta Cheese, Tzatziki Drizzle

### Café Service Hours

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

### Today's Grab and Go Special

**Monday:**  
No School

**Tuesday:**  
Free Range Grilled Chicken Garden Salad, Smoked Applewood Bacon, Carrots, Cherry Tomato, Shredded Cheese, Red Onion, Croutons, Ranch Dressing

**Wednesday:**  
Steak Taco Salad with Black Beans, Roasted Corn, Red Onion, Cherry Tomatoes, Tortilla Strips, Avocado and Cilantro Lime Vinaigrette

**Thursday:**  
Caribbean Salad, Organic Mixed Greens, Shredded Cabbage, Carrots, Chives, Gold Beets, Strawberries and Mango-Lime Dressing

**Friday:**  
Citrus Avocado Spinach Salad, Mandarin Oranges, Pepitas, Roasted Beets, Creamy Poppy Seed Dressing

### 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.



## Epicurean Group at St. Francis Catholic High School

Your Executive Chef: **Yony Salguero**  
Café/Catering Manager: **Evelyn Barela**  
(916) 737-5062

