



# Menu



Monday March 11, 2024		Café Service Hours
<b>Alarm Clock Breakfast</b>	Fresh Cut Country Potatoes, Cage Free Egg Scramble, Chicken Sausage Link, Sliced Sourdough Toast	7:30 - 10:00 11:00 - 1:00 2:30 - 3:30
<b>Global Adventure</b>	Mongolian Beef, Fried Rice, Stir Fried Vegetables	<b>Today's Grab and Go Special</b>
<b>Kitchen Table</b>	Free Range Herb Chicken, Balsamic Glaze, Italian Farro Rice, Seasonal Roasted Vegetables, Rustic Roll	
<b>Street Food</b>	Greek Nachos, Tzatziki Sauce, Cucumber, Roasted Red Peppers, Roma Tomatoes, Kalamata Olives, Red Onion, Feta Cheese	<b>Monday:</b> Free Range Chicken Cobb Salad, Smoked Applewood Bacon, Cherry Tomatoes, Hard Boiled Egg, Shredded Cheese, Avocado, Ranch Dressing
Tuesday March 12, 2024		<b>Tuesday:</b> Free Range Balsamic Chicken Quinoa Bowl, Blistered Cherry Tomatoes, Feta Cheese & Lemon Parsley Dressing
<b>Alarm Clock Breakfast</b>	Fresh Cut Country Potatoes, Cage Free Egg Scramble, Smoked Applewood Bacon, Sliced Sourdough Toast	<b>Wednesday:</b> Ancient Grain Salad, Mixed Greens, Maple Glazed Chicken, Gala Apple Chunks, Dried Cranberries, Pepitas, Apple Cider Dressing
<b>Platillos Latinos</b>	Ground Beef Nachos, House Made Cheese Sauce, Pico de Gallo, Sour Cream	<b>Thursday:</b> RiverDog Farms Organic Bloomsdale Spinach, Organic Dino Kale, Larsen Organic Pink Ladies Apple, Shaved Red Onion, Goat Cheese with Pomegranate Honey Dijon Vinaigrette
<b>Kitchen Table</b>	Creamy Alfredo Tortellini Pasta, Seasonal Roasted Vegetables, Caesar Salad	
<b>LiveWell</b>	Stuffed Farro Grain Bell Peppers, Sweet Potatoes, Side Salad	<b>Friday:</b> Vegetarian Salad, Black Beans, Roasted Corn, Cherry Tomatoes, Quinoa, Sliced Avocado, Cilantro, Organic Mix Greens and Cilantro Lime Vinaigrette
Wednesday March 13, 2024		Promotions
<b>Alarm Clock Breakfast</b>	House Baked Breakfast Croissant Sandwich, Black Forest Ham, Cage Free Eggs, Clover Cheddar Cheese	<p>Fostering wellness is more than just weight loss, and goes beyond a passing knowledge of nutrition. It is a lifestyle of good decisions, healthy activity, and a supportive community.</p> <p>Epicurean Group not only provides nutritional information so you can make healthy choices, but we have also developed a program of fresh and healthy menu items that feature:</p> <ul style="list-style-type: none"> <li>Great Flavor, because all else is meaningless if it doesn't taste fabulous!</li> <li>Regenerable Portion Sizes... No overindulgent meals.</li> <li>No Sodium... hands off that salt shaker... your blood pressure will thank you.</li> <li>Low Fat... low fat without high sugar, full of rich, satisfying flavor.</li> <li>Real fresh food to nourish your body... isn't that what it's all about?</li> </ul> <p>All Entrées meet American Heart Association Guidelines:          - Less than 3g of Calories from Saturated Fat          - Less than 70g of Calories from Fat          - 100% Whole Grain for less per serving          - 100% Fat Free for less per serving</p>
<b>Platillos Latinos</b>	Beef Barbacoa Burrito Bowl, Spanish Rice, Ranchero Beans, Garden Fresh Salsa & Sour Cream	
<b>Kitchen Table</b>	Roasted Lemon Herb Chicken, Rice Pilaf, Roasted Honey Carrots	
<b>Soup</b>	Classic Free Range Chicken Noodle Soup & Three Cheese Grilled Cheese	
Thursday March 14, 2024		In the Know
<b>Alarm Clock Breakfast</b>	Loaded Breakfast Skillet Bowl, Potatoes Cheese, Sour Cream, Smoked Applewood Bacon, Cage Free Eggs, Biscuit	<p>Epicurean Group is a Food Service Management Company headquartered on the West Coast.</p> <p>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.</p>
<b>Izakaya</b>	Free Range Chicken Teriyaki Bowl, Steam Broccoli, Organic Steam Rice	
<b>Kitchen Table</b>	Caribbean Grilled Pork with Tropical Fruit Salad, Cauliflower Mashed, Roasted Zucchini & Squash	
<b>Wraps and More...</b>	Turkey and Cheddar Wrap, Pickle Spears	
Friday March 15, 2024		
<b>Alarm Clock Breakfast</b>	Vegetarian Breakfast Scramble, Cage Free Eggs, Sauteed Spinach, Tomatoes, Cheese	
<b>Soup</b>	New England Clam Chowder, Toasted Sourdough Bread bowl	
<b>Platillos Latinos</b>	Baja Style Crunchy Fish Taco with Mango Pineapple Citrus Slaw, House Made Garden Salsa Fresca and Sour Cream	
<b>Panini</b>	DeLITEful Black Bean Burger with Lettuce, Roma Tomato, Red Onion, Avocado Aioli and Side Pickle	

## Epicurean Group at St. Francis Catholic High School

**Your Executive Chef:** Daniel Ruiz

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

### Menu Key

