



Menu



Monday April 29, 2024		Café Service Hours
Alarm Clock Breakfast	Loaded Breakfast Quesadilla, Scrambled Cage Free Eggs, Bacon Bits, Country Potatoes, Salsa Roja and Sour Cream	7:30 - 10:00 11:00 - 1:00 2:30 - 3:30
Kitchen Table	Creamy Pesto Penne Pasta, Seasonal Vegetables, Garlic Bread Sticks	Today's Grab and Go Special Monday: Olivia's Cobb Salad, Free Range Chicken, Smoked Applewood Bacon, Hard Boiled Egg, Shredded Cheese, Red Onion, Avocado, Ranch Dressing Tuesday: Free Range Chicken Cordon Bleu, Honey Ham, Cherry Tomato, Swiss Cheese, Carrots, Croutons, Honey Mustard Dressing Wednesday: Italian Salad, Mixed Greens, Black Olives, Pepperoncini, Salami, Mozzarella, Italian Dressing Thursday: Creek Chopped Salad, Spinach & Mixed Greens, Bell Peppers, Red Onion, Kalamata Olives, Tomatoes, Cucumbers, Oregano Vinaigrette Friday: Chef's Special
Global Adventure	Cilantro Herb Free Range Chicken Bowl, Mango Salsa, Tabouli Salad, Garden Green Salad	
Panini	Free Range Chicken Caesar Spinach Wrap, Kettle Chips	
Tuesday April 30, 2024		
Alarm Clock Breakfast	Breakfast Ham and Fried Cage Free Egg Grilled Cheese, Toasted Sourdough, Country Style Potatoes	Promotions  <p>3/6/24</p> <p>California Grass Fed Burger, Sautéed Onions, Lettuce, Tomato, Pickles, Sauce (Vegetarian Option- Black Bean Burger, Creamy Avocado Sauce)</p> <p>Spring Fling AMERICAN BBQ SERIES</p>  <p>Immune Booster ORGANIC SPINACH</p> <p>Creek Chopped Salad, Spinach & Mixed Greens, Bell Peppers, Red Onion, Kalamata Olives, Tomatoes, Cucumbers, Oregano Vinaigrette</p> <p>3/7/24</p> <p>WHY THEY HELP</p> <ul style="list-style-type: none">Spinach is not just rich in vitamin C — it's also packed with numerous antioxidants and beta carotene, which may both increase the infection-fighting ability of our immune systems.Similar to broccoli, spinach is healthiest when it's cooked as little as possible so that it retains its nutrients. However, light cooking makes it easier to absorb the vitamin A and allows other nutrients to be released from oxalic acid, an antinutrient. <p><small>Source: https://www.healthline.com/health/food-nutrition/foods-that-boost-the-immune-system/#spinach</small></p>
Patullos Latinos	Pollo Asado (Chicken) Street Tacos, Spanish Rice, Black Beans, Salsa Verde, Tortilla Chips (Vegetarian Option- Cauliflower and Sweet Potato)	
Izakaya	Sweet & Sour Pork, Chow Mein, Vegetarian Spring Roll	
Flat Bread and More...	Caprese Flat Bread, Roasted Roma Tomato, Fresh Mozzarella, Pesto Sauce, Kettle Chips	
Wednesday May 1, 2024		
Alarm Clock Breakfast	Buttermilk Pancakes, Two Chicken and Apple Sausage Links	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.
Global Adventure	Andouille Jambalaya, Roasted Vegetables, Garden Green Salad	
American BBQ Series	California Grass Fed Burger, Sautéed Onions, Lettuce, Tomato, Pickles, Sauce (Vegetarian Option- Black Bean Burger, Creamy Avocado Sauce)	
Panini	Roasted Tomato Basil Chicken Ciabatta Sandwich, Smoked Applewood Bacon, Provolone Cheese, House Fries	
Thursday May 2, 2024		
Alarm Clock Breakfast	Chorizo Breakfast Burrito, Cage Free Egg, Yukon Gold Potatoes, Cheese	  
Kitchen Table	Creamy Fettuccine Alfredo, Roasted Vegetables, House Caesar Salad, Breadstick	
Global Adventure	Free Range Orange Chicken, Steamed Jasmine Rice, Stir Fry Vegetables, (Vegetarian Option- Vegetarian Tempura)	
Panini	BLTA- Smoked Applewood Bacon, Lettuce, Roma Tomato, Sliced Avocado, Mayo, Sliced Sourdough	
Friday May 3, 2024		
Alarm Clock Breakfast	Honey Ham Breakfast Burrito, Cage Free Egg, Yukon Gold Potatoes, Cheese	
Kitchen Table	Malibu Free Range Chicken, Honey Ham, Provolone, Mashed Potatoes, Chef Salad (Vegetarian Option- Stuffed Portobello Mushroom)	
Global Adventure	Beef Pad Thai Stir Fry, Rice Noodles, Spring Vegetable Sir Fry, Sweet Chili Sauce	
Platillos Latinos	Crunch Wrap Supreme, Grass Fed Beef, Rice, Lettuce, Tomato	
Epicurean Group at St. Francis Catholic High School		
Your Executive Chef:	Daniel Ruiz	
Café/Catering Manager:	Evelyn Barela (916) 737-5062	

Menu Key

