



Menu



Monday		May 13, 2024
<i>Alarm Clock Breakfast</i>	Applewood Smoked Bacon Breakfast Burrito, Cage Free Eggs, Organic Clover Cheddar Cheese	
<i>Global Adventure</i>	Free Range Stuffed Caprese Chicken, Fresh Mozzarella, Balsamic Drizzle, Roasted Rosemary Potatoes, Charred Meyer Lemon Broccoli	
<i>Kitchen Table</i>	Garlic & Herb Primavera, Roasted Organic Cauliflower, Tossed Caesar Salad	
<i>Wrap it up!</i>	Chipotle Lime Shrimp Wrap, Shredded Cabbage, Tomato, Cilantro, Avocado Cream	

Café Service Hours
7:30 - 10:00
11:00 - 1:00
2:30 - 3:30

Tuesday		May 14, 2024
<i>Alarm Clock Breakfast</i>	Over Night Blueberry French Toast, House Made Cinnamon Crème, Breakfast Sausage Links	
<i>Izakaya</i>	Free Range Chicken Tikka Masala, Basmati Rice, Minted Cucumber Salad, Naan Bread	
<i>Global Adventure</i>	Ground Beef Nachos, House Made Cheese Sauce, Sour Cream, Jalapeno, Pico de Gallo	
<i>Panini</i>	Free Range Chinese Chicken Wrap, Napa Cabbage, Edamame, Glass Noodles, Sweet Chili Aioli	

Today's Grab and Go Special
Monday: Chef Salad, Honey Ham, Turkey, Cherry Tomatoes, Hard Boiled Egg, Cucumber, Shredded Cheese, House Made Croutons, Ranch Dressing
Tuesday: Free Range Honey Chipotle Chicken Bowl, Cherry Tomatoes, Quinoa, Pumpkin Seeds, Sliced Avocado, Cilantro, Cilantro Lime Vinaigrette
Wednesday: Rainbow Roasted Veggie Salad, Cherry Tomatoes, Balsamic Reduction Vinaigrette
Thursday: Southwestern Grass Fed Steak Salad, Roasted Corn, Braised Organic Black Beans, Romaine, Cherry Tomato, Cilantro Lime Vinaigrette
Friday: Chef's Choice

Wednesday		May 15, 2024
<i>Alarm Clock Breakfast</i>	Breakfast Quesadilla, Cage Free Egg, Pork Sausage, Organic Clover Cheddar Cheese	
<i>Kitchen Table</i>	Olivia's Mac and Cheese, Seasonal Roasted Vegetables, Garlic Bread	
<i>Platillos Latinos</i>	Chef's Choice Grab and Go- Meat Burritos, Meat and Vegetarian Quesadillas, Assorted Pizza	
<i>Panini</i>	Greek Nachos, Tzatziki Sauce, Cucumber, Roasted Red Peppers, Roma Tomatoes, Kalamata Olives, Red Onion, Feta Cheese	



Thursday		May 16, 2024
<i>Alarm Clock Breakfast</i>	Silver Dollar Buttermilk Pancakes, Canadian Bacon, Cage Free Scrambled Eggs	
<i>Izakaya</i>	Free Range Orange Chicken, Vegetarian Chow Mein, Fortune Cookie (Tofu Option Available)	
<i>Global Adventure</i>	Chef's Choice Grab and Go- Meat Burritos, Meat and Vegetarian Quesadillas, Assorted Pizza	
<i>Panini</i>	Free Range Chicken Pesto Sandwich, Lettuce, Tomato, Onion, House Fries	

SEASONAL SUPERFOOD AVOCADO

BENEFITS

- Great source of fiber
- Heart-healthy monounsaturated fat
- Vitamins K, E, C, B5, B6
- More Potassium than bananas
- Omega 3 & 6
- Low carb food
- Can facilitate weight loss

Source: <https://healthynutrition.com/foods/avocado>

May 14, 2024
Free Range Honey Chipotle Chicken Bowl, Cherry Tomatoes, Quinoa, Pumpkin Seeds, Sliced Avocado, Cilantro, Cilantro Lime Vinaigrette

Friday		May 17, 2024
<i>Alarm Clock Breakfast</i>	Breakfast Egg Cups, Cage Free Egg, Sun Dried Tomato, Organic Baby Bloomsdale Spinach, Parmesan Cheese	
<i>Platillos Latinos</i>	Carnitas Burrito Bowl, Cilantro Rice, Beans, Shredded Lettuce, Pico de Gallo, Sour Cream	
<i>American BBQ Series</i>	Chef's Choice Grab and Go- Meat Burritos, Meat and Vegetarian Quesadillas, Assorted Pizza	
<i>Panini</i>	Grilled Cheese Sandwich and Tomato Bisque	

In the Know

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

Epicurean Group at St. Francis Catholic High School

Your Executive Chef: Daniel Ruiz

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

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

