



Menu



Monday		March 31, 2025	
<i>Alarm Clock Breakfast</i>	Traditional Breakfast, Hashbrowns, Cage Free Eggs, Applewood Smoked Bacon		
<i>Global Adventure</i>	Lemon Herb Free Range Chicken, Roasted Potatoes, and Grilled Asparagus and Kale		
<i>Kitchen Table</i>	Pasta Primavera, Asparagus, Red Onions, Peas, Garlic, Bell Peppers, in a Creamy Alfredo Sauce with a Side Mixed Greens Salad		
<i>Panini</i>	Spinach, Cucumber, Cream Cheese, Avocado Sandwich with Sprouts on Whole Wheat Bread, with Kettle Chips		

Tuesday		April 1, 2025	
<i>Alarm Clock Breakfast</i>	Waffles with Strawberry Sauce, Whipped Cream, Syrup and Fresh Berries		
<i>Platillos Latinos</i>	Free Range Chicken Chile Verde with Black Beans, Basmati Rice and a Flour Tortilla		
<i>Kitchen Table</i>	Mushroom Risotto, with Spinach, Lemon, Garlic, and Peas		
<i>Wraps & More</i>	Hummus Wrap with Greek Pico De Gallo, Cucumbers, Bell Peppers, and Spinach in a Spinach Tortilla with Kettle Chips		

Wednesday		April 2, 2025	
<i>Alarm Clock Breakfast</i>	Croissant Breakfast Sandwiches, Applewood Smoked Bacon, Cage Free Eggs and Cheese		
<i>Izakaya</i>	Grass Fed Beef Teriyaki, Stir Fry Vegetables and Pineapple Rice		
<i>Passage of India</i>	Free Range Chicken Curry Masala, Roasted Cauliflower & Broccoli and a side of Garlic Naan Bread		
<i>Panini</i>	Grilled Cheese Sandwich with Free Range Chicken & Avocado with Monterey Jack with French Fries		

Thursday		April 3, 2025	
<i>Alarm Clock Breakfast</i>	Breakfast Country Potato & Cage Free Egg Tacos with Cheese		
<i>Taste of Italy</i>	Pork Milanese, with Creamy Polenta and Roasted Vegetables		
<i>Platillos Latino</i>	Carne Asada with Elote Salad, Refried Black Beans & a Gordita		
<i>Soup DuJour</i>	Egg Drop Soup with Tofu and Fried Wontons with a Sweet Dipping Sauce		

Friday		April 4, 2025	
<i>Alarm Clock Breakfast</i>	Tofu & Vegetable Medley Scramble with Hashbrowns		
<i>Izakaya</i>	General Tso Cauliflower, Jasmine Rice with Stir Fry Vegetables		
<i>Global Adventure</i>	Cheese Manicotti with Pesto Cream Sauce with a Side Caesar Salad		
<i>Flatbreads & More</i>	Flatbread with Ricotta Cheese, Asparagus, Pickled Red Onions, Arugula, and Cherry Tomatoes		

Café Service Hours

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

Today's Grab and Go Special

Monday:
Cobb Salad, Turkey, Ham, Hard Boiled Egg, Cheese, Croutons, Romaine Lettuce, Cherry Tomatoes, Cucumbers, and Ranch Dressing

Tuesday:
Crispy Free Range Chicken Salad, Cucumbers, Red Onions, Cherry Tomatoes, Carrots, Sunflower Seeds, Buffalo Caesar Dressing

Wednesday:
Brown Rice Salmon Teriyaki Bowl, Edamame, Red Onions, Shredded Carrots, Sugar Snap Peas, Ginger Soy Dressing

Thursday:
Taco Salad, Kidney Beans, Cheese, Pickled Red Onions, Pico De Gallo, Romaine Lettuce, Chipotle Ranch Dressing

Friday:
Welcome to Spring, Salad with Snap Peas, Asparagus, Mint, Radishes, Garbanzo Beans, Feta Cheese, Lemon Vinaigrette

Promotions

HELLO April

SEASONAL SUPERFOOD ASPARAGUS

BENEFITS

- Many nutrients but few calories
- Good source of antioxidants
- Can improve digestive health
- Helps support a healthy pregnancy
- Helps lower blood pressure
- Can help you lose weight
- Easy to add to your diet

Source: <https://www.healthline.com/nutrition/asparagus-benefits>

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: Jenn Slaughter

Café/Catering Manager: Evelyn Barela
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