

# 2018 Saint Mary's High School

January 14, 2019

## Monday January 14, 2019

<b>Grilled Sandwich Special</b>	Free Range Grilled Chicken Club Sandwich, Garlic Aioli, Applewood Bacon, Jacob Farms Roma Tomatoes, Green Leaf Lettuce, Baked Sweet Potato Fries	\$7.20
<b>Farmers Market</b>	Organic Quinoa Spring Mix Salad, Cage Free Egg, Jacobs Farm Cherry Tomatoes, Feta Cheese, Cucumber, Balsamic Vinaigrette	\$7.20
<b>Global Bowls</b>	Niman Ranch Beef Lasagna, Shredded Cheese, House-Made Marinara Sauce, Capay Farms Roasted Vegetables, Parmesan Cheese, Fresh Parsley	\$7.20
<b>Earthly Selections</b>	Organic Baby Spinach, Mushroom Lasagna, Ricotta Cheese, House-Made Marinara Sauce, Capay Farms Roasted Vegetables, Parmesan Cheese, Fresh Mello's Strawberry, Chocolate	\$7.00 \$4.50

## Tuesday January 15, 2019

<b>Market Grill</b>	Uncle Sam's All American Burger, Clover Cheddar Cheese, Capay Farms Green Leaf, Tomatoes, Lemon Aioli, Kettle Chips	\$7.20
<b>Tossed</b>	Mediterranean Organic Mix Green Salad, Grilled Chicken, Red Bell Peppers, Feta, Cucumbers, Cherry Tomatoes, Balsamic Vinaigrette	\$7.20
<b>Platillos Latinos</b>	Slow Braised Pulled Pork Nachos, Organic Black Beans, Pico de Gallo, Shredded Cheese, Capay Farms Iceberg Lettuce	\$7.20
<b>Earthly Selections</b>	Roasted Butternut Squash, Corn Nachos, Organic Black Beans, Pico de Gallo, Shredded Cheese, Capay Farms Iceberg Lettuce	\$7.00
	Mello's Peach, Honeydew	\$4.50

## Wednesday January 16, 2019

<b>Grilled Sandwich Special</b>	BLT Sandwich, Applewood Bacon, Green Leaf Lettuce, Roma Tomatoes, Garlic Aioli, Roasted Veggie Sticks	\$7.20
<b>Farmers Market</b>	Organic Caesar Salad, Grilled Free Range Chicken, Cherry Tomatoes, House Croutons, Shaved Parmesan, Caesar Dressing	\$7.20
<b>Live Well</b>	Teriyaki Free Range Chicken Chow Mein, Sesame Seeds, Water Chestnut, Snap Peas, Bean Sprouts, Ratto Farms Baby Bokchoy	\$7.20
<b>Earthly Selections</b>	Teriyaki Organic Tofu, Mushroom Chow Mein, Sesame Seeds, Water Chestnut, Snap Peas, Bean Sprouts, Ratto Farms Baby Bokchoy	\$7.00
	Mello's Mango, Banana	\$4.50

## Thursday January 17, 2019

<b>Grilled Sandwich Special</b>	Turkey Club Sandwich, Applewood Bacon, Green Leaf Lettuce, Tomatoes, Chipotle Aioli, Steamed Broccoli	\$0.00
<b>Wrap Special</b>	Southwest Quinoa Salad with Roasted Free Range Chicken Ratto Farms Corn, Black Beans, Shredded Cheese, Sweet Paprika Vinaigrette	\$0.00
<b>Global Bowls</b>	Grass Fed Beef Meatballs, Pesto (NUT FREE), Pasta Cavatappi, Capay Farms Blanched Broccoli, Parmesan, Fresh Parsley	\$0.00
<b>Earthly Selections</b>	Jacob Farms Grilled Portobello Mushrooms, Pesto (NUT FREE), Pasta Cavatappi, Capay Farms Blanched Broccoli, Parmesan, Fresh Parsley	\$0.00
	Mello's Mango, Turmeric	\$0.00

## Friday January 18, 2019

<b>Grilled Sandwich Special</b>	Traditional Mexican Molletes, Chorizo, Organic Refried Beans, Shredded Cheese, Pico de Gallo	\$7.20
<b>Farmers Market</b>	Tuscan Kale Green Salad With Grilled Chicken, Curry Spiced Chick Peas, Jacobs Farms Cherry Tomatoes, Orange Vinaigrette	\$7.20
<b>Live Well</b>	Free Range Chicken Cacciatore, Bell Peppers, Onions, Organic Brown Rice, Jacob Farms Herb Roasted Garden Vegetables	\$7.20
<b>Earthly Selections</b>	Capay Farms Eggplant, Tofu Cacciatore, Bell Peppers, Onions, Organic Brown Rice, Herb Roasted Garden Vegetables	\$7.00
	Mello's Tropical Boba Tapicoa	\$4.50

Your Chef / Manager: Kusuma Kalengada  
For Catering: kusuma@epicurean-group.com

## Promotions

Come and check it out, you'll never know what you're missing

*Pancake on 15th, 22nd*



# 2019

*Free Range Chicken Cacciatore, Brown Rice on 18th*

*Slow Roasted Pork, Beans Stew on 28th*

*Caramel Popcorn on 24th, 31st*

*Enjoy Berries Parfait Everyday*

*Hot Chocolate, Marshmallows & Hot Apple Cider*

*House-Made Refreshing, Healthy & Delicious Beverages*

## Fresh.Honest.Local

Did you know?

The Epicurean Group only offers

Grass Fed Beef

Antibiotic Free Poultry

NON GMO Milk



In-House made Soups

Cage Free Eggs

Wild Seafood

Dolphin Free Tuna

Dressing are from Scratch

Only in-House Roasted Meats



Because we care about our environment and YOU!