

2018 Saint Mary's High School

March 25, 2019

Monday March 25, 2019	
Grilled Sandwich Special	Crispy Pork Belly Sandwich, Meyer Lemon, Dill Pickle, Cherry Tomatoes Relish, Capay Farms lettuce, Potato Chips \$7.20
Farmers Market	Organic Caesar Salad, Grilled Free Range Chicken, Capay Farms Cherry Tomatoes, House Croutons, Shaved Parmesan, Caesar Dressing \$7.20
Platillos Latinas	Achiote Free Range Chicken or Beef Enchiladas, Organic Pinto Beans, Spanish Rice, Pico de Gallo, Shredded Cheese, Sour Cream \$7.20
Earthly Selections	Oven Roasted Butternut Squash, Chayote Enchiladas, Organic Pinto Beans, Spanish Rice, Pico de Gallo, Shredded Cheese. Sour Cream \$7.00
Jump Start Smoothie	Mello's Mango Yogurt \$4.50

Tuesday March 26, 2019	
Grilled Sandwich Special	Slow Roasted BBQ Pulled Pork, Applewood Bacon, Dwelly's Bell Peppers, Cilantro, Baked Kettle Chips \$7.20
Wrap Special	Southwestern Free Range Chicken Salad, Capay Farms Organic Mixed Greens, Corn, Black Beans, Cheese, Paprika Vinaigrette \$7.20
Passage to India	Tandoori Free Range Chicken, Vegetable Pulao, Rice, Capay Farms Peas, Carrots, Potatoes, Fresh Cilantro \$7.20
Earthly Selections	Tandoori Organic Wo Chong Tofu, Vegetable Pulao, Rice, Capay Farms Peas, Carrots, Potatoes, Fresh Cilantro \$7.00
Jump Start Smoothie	Mello's Strawberry, Chocolate \$4.50

Wednesday March 27, 2019	
Grilled Sandwich Special	Grilled Free Range Chicken, Pesto (NUT FREE), Capay Farms Organic Baby Spinach, Fresh Mozzarella, Cheese, Blanched Broccoli \$7.20
Farmers Market	Capay Farms Avocado Caprese Salad, Baby Arugula, Cherry Tomatoes, Fresh Mozzarella Cheese, Balsamic Vinaigrette \$7.20
Global Bowls	Niman Ranch Grass Fed Beef Chili, Capay Farms Bell Peppers, Onions, Garlic Mashed Potatoes, Garlic Broccoli, Fresh Parsley \$7.20
Earthly Selections	Garden Vegetables Chili, Capay Farms Bell Peppers, Green Beans, Corn, Onions, Garlic Mashed Potatoes, Garlic Broccoli, Fresh Parsley \$7.00
Jump Start Smoothie	Mello's Mixed Berries \$4.50

Thursday March 28, 2019	
Grilled Sandwich Special	Free Range Chicken Souvlaki Gyro, Feta Cheese, Pita Bread, Capay Farms Tzatziki, Cucumber, Greek Yogurt, Parsley \$7.20
Farmers Market	California Free Range Chicken, Capay Farms Avocado, Goat Cheese Salad, Organic Baby Spinach, Meyer Lemon Vinaigrette \$7.20
Live Well	Niman Ranch Grass Fed Meatballs, House-Made Marinara Sauce, Rainbow Color Rotini Pasta, Garlic Bread, Parmesan, Fresh Parsley \$7.20
Earthly Selections	Grilled Garden Vegetables, House-Made Marinara Sauce, Rainbow Color Rotini Pasta, Garlic Bread, Parmesan, Fresh Parsley \$7.00
Jump Start Smoothie	Mello's Strawberries, Greek Yogurt \$4.50

Friday March 29, 2019	
Stone Hearth Oven	Teriyaki Bay Shrimp OR Greek Pizza, House-Made Pizza Sauce, Blend Cheese OR Smoked Salmon Sandwich, Capers Aioli, Capay Farms Tomatoes, Lettuce, Chips \$7.20
Farmers Market	Organic Green Salad, Wo Chong Grilled Tofu, Mello's Gala Apple, Cranberries, Pepitas, Red Bell Peppers, Paprika Vinaigrette \$7.20
Global Bowls	Garden Vegetables Nachos, Capay Farms Zucchini, Yellow Squash, Corn, Peppers, Cheese, Black Beans, Corn Tortilla, Pico de Gallo, Sour Cream \$7.20
Earthly Selections	Asian Fried Rice, Wo Chong Tofu, Jacob Farms Peas, Carrots, Sautéed Cabbage, Green Onions OR Garden Samosas, Lentil Stew, Steamed Rice, Fresh Cilantro \$7.20
Jump Start Smoothie	Mello's Peach, Mango \$4.50

Promotions

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



Nutrition Month Make friends with Vegetables

March is Nutrition Month! Let's have a clean salads for lunch!

Teriyaki Bay Shrimp Pizza and Greek Pizza on 29th

House-Made Refreshing, Healthy & Delicious Beverages

Enjoy Berries Parfait & Fruit Cups Everyday

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!



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

