



Monday April 8, 2024		Café Service Hours
<b>Breakfast Bistro</b>	Sandwiches, Breakfast Burritos, Pastries, Parfaits and Fruit Cups	<b>7:30 - 9:30</b> <b>11:20 - 12:30</b> <b>2:30 - 3:30</b>
<b>Kitchen Table</b>	Free Range Grilled Pesto Chicken, Roasted Rosemary Potatoes with Steamed Winter Vegetable	<b>Today's Grab and Go Special</b>  <b>Monday:</b> House made Breakfast Sandwiches, Breakfast Burritos, Pastries, Parfaits and Fruit Cups  <b>Tuesday:</b>  House made Breakfast Sandwiches, Breakfast Burritos, Pastries, Parfaits and Fruit Cups  House Made Caesar Salads, Assorted Sandwiches, Fruit Smoothies, Fresh Seasonal Fruit Cups, Parfaits and More  <b>Thursday:</b> House Made Caesar Salads, Assorted Sandwiches, Fruit Smoothies, Fresh Seasonal Fruit Cups, Parfaits and More  <b>Friday:</b> House Made Caesar Salads, Assorted Sandwiches, Fruit Smoothies, Fresh Seasonal Fruit Cups, Parfaits and More
<b>Italian Bowl</b>	Grass Fed Beef Lasagna, Ricotta Cheese , Marinara Sauce with Mixed Vegetables Garlic Bread Stick	
<b>Street Food</b>	Classic Grilled Chicken Sandwich Topped lettuce and Tomato side of Curly Fries	
Tuesday April 9, 2024		
<b>Alarm Clock Breakfast</b>	House made Breakfast Sandwiches, Breakfast Burritos, Pastries, Parfaits and Fruit Cups	
<b>Global Adventure</b>	House made Slow Braised Pork Carnitas Steet Tocos, Cilantro Rice, Slow Cooked Pinto Beans, Pico, and Sour Cream	
<b>Asian Bowl</b>	Tandoori Chicken Bowl ,Basmati Rice, Topped Pickled Red Onions, Shredded Lettuce, Diced Tomato tzatziki sauce	
<b>Market Grill</b>	Tuna Melt, House Made Fries	
Wednesday April 10, 2024		
<b>Breakfast Bistro</b>	Chocolate chip Pancakes, with Maple Syrup	
<b>street food</b>	Smoked Turkey, Provolone Melt With Chiolite Aioli side of Fries	
<b>Asian Bowl</b>	Free Range Mongolian Chicken, Organic Jasmine Rice, Steamed Bok Choy	
<b>Fresh off the Grill</b>	All Beef Bacon Wrapped Hot dogs, with Curly Fries	
Thursday April 11, 2024		
<b>Breakfast Bistro</b>	Cinnamon Sugar French Toast with side of Applewood Smoked Bacon	
<b>Taste of Italy</b>	Garlic Alfredo Butter Bowtie Pasta, with Roasted Brussels Sprouts	
<b>American BBQ</b>	Free Range Rosemary Chicken, Garlic Alfredo Butter Bowtie Pasta, with Roasted Brussels Sprouts	
<b>Fresh off the Grill</b>	Grilled Chicken Quesadillas with Spanish Rice and Slow Beans choice of Toppings	
Friday April 12, 2024		
<b>Alarm Clock Breakfast</b>	House Made Breakfast Sandwiches, Breakfast Burritos, Pastries and Fruit Cups	
<b>Taste of Italy</b>	Cheese Ravioli, House Made Marinara Sauce and Dinner Roll	
<b>Asian Street</b>	Crispy Orange Chicken Organic Jasmine White Rice with Broccoli	
<b>Pane</b>	Three Cheese or Vegetable Pizza	

### Epicurean Group at Carondelet High School

Your Executive Chef: **Tom Huxley**

Café/Catering Manager: **Candace Barnes**  
(925) 727-1006



**Promotions**

**HELLO April**



**Immune Booster ORGANIC SPINACH**

**WHY THEY HELP**

- Spinach is not just rich in vitamins 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 inside acid in our stomachs.

Source: https://www.healthline.com/nutrition/healthiest-ways-to-eat-spinach

**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.



### Menu Key



Vegetarian



Vegan



Organic



Free Range



Grass Fed



Cage Free



Contains Gluten



Contains