



## MONDAY

September 3, 2023

## Café Service Hours

### Breakfast

8:00 am - 8:30 am

### Break

9:45 am - 10:05 am

### Lunch

12:45 pm - 1:15 pm



After-School 2:30 pm - 3:00 pm



Market Grill	Free Range Chicken P.	Cheese, French Roll, Garlic Fries	\$ 8.25
Kitchen Table	Turkey Meatloaf with G	vy and Vegetable Medley	\$ 8.05
Plant Inspired	Vegan Chickpea Meatl Medley	room Gravy and Vegetable	\$ 7.25
Platillos Latinos	Crispy Carnitas Tacos,	anish Rice, House Made Salsa	\$ 8.05
Tossed	Chef Salad Black Fore: Avocado, House Made Blue Cheese Dressing	ad Cheddar Cheese, Croutons,	\$ 7.50

## TUESDAY

September 4, 2023

## Breakfast Grab and Go

Every Day  
Yogurt Parfait  
Protein Smoothie  
Acai Bowls

All menu items proudly made in house!

Daily Grab 'n Go Snacks until 3:00 pm

Market Grill	Caparese Fresh Basil, Mozzarella, Tomatoes, Sourdough Roll, Onion Rings	\$8.25
Global Adventures	Korean Dakgalbi Free Range Chicken, Creamy Spicy Gochujang Noodles, Stir Fry Vegetables	\$8.05
Plant Inspired	Oven Crisped Korean BBQ Wo Chong Tofu, Sticky Rice, Stir Fry Vegetables	\$7.25
Platillos Latinos	Carne Asada, Bell Pepper, Onion Fajita Quesadilla, Black Beans, Tortilla Chips, House Made Salsa	\$8.05
Tossed	Chinese Free Range Chicken Salad Napa Cabbage, Purple Cabbage, Carrots, Bean Sprouts, Red Bell Pepper, Snap Peas, Mandarin Orange, Crispy Wontons, Soy Ginger Vinaigrette	\$7.50

## WEDNESDAY

September 5, 2023

## Breakfast Bistro

Every Day!  
Breakfast Burrito, egg, potato, cheese, choice of bacon, sausage, chorizo, veggie  
English Muffin, Sausage, cheese, egg  
Bagel Breakfast Sandwich, Bacon, cheese  
Fried Egg



Market Grill	BBQ Pulled Pork Grilled Cheese, Slow Roasted BBQ Pulled Pork, Cheddar Cheese, Sliced Sourdough, Sweet Potato Fries	\$8.25
Passage to India	Tandoori Free Range Chicken with Spiced Coconut Rice and Organic Vegetable Korma with Naan Bread	\$8.05
Plant Inspired	Tandoori Cauliflower with Spiced Coconut Rice and Organic Vegetable Korma with Naan Bread	\$7.25
Platillos Latinos	Super Nachos, Corn Tortilla Chips, Grass Fed Beef, Black Beans, House Made Cheese Sauce, topped with Olives & Jalapenos	\$8.05
Tossed	Thai Beef Salad Cucumbers, Cherry Tomatoes, Cilantro, Carrots, Red Onion, Red Bell Pepper, House Made Sesame Vinaigrette	\$7.50

## THURSDAY

September 6, 2023

## TakeAway Every Day

Classic Caesar Salad  
Organic Romaine, Cherry Tomato, House Made Croutons, Caesar Dressing

Classic Chicken Caesar Salad  
Organic Romaine, Free Range Chicken, Cherry Tomato, House Made Croutons, Caesar Dressing

Cobb Salad  
Organic Romaine, Applewood Smoked Bacon Bits, Free Range Chicken, Avocado, Cherry Tomato, Cage Free Egg, House Made Ranch Dressing

Market Grill	Jalapeno Popper Grilled Cheese, Cream Cheese Spread, Crispy Applewood Smoked Bacon, Sliced Jalapeno. Provolone Cheese. Sourdough Bread. French Fries	\$8.25
Global Adventures	Rainbow Rotelli Pasta Carbonara, Crispy Pancetta, Sweet Peas, Ratto Ranch Broccoli, Garlic Bread	\$8.05
Plant Inspired	Vegetarian Rainbow Rotelli Pasta Mushroom Carbonara, Sweet Peas, Steamed Broccoli, Garlic Bread	\$7.25
Platillos Latinos	Roasted Roasted Shredded Beef Burrito, Refried Beans, Shredded Cheddar Cheese, Cilantro Rice	\$8.05
Tossed	Cobb Salad Romaine Lettuce, Hard Boiled Egg, Applewood Smoked Bacon, Red Onion, Avocado, Cherry Tomato, Blue Cheese, Grilled Chicken Breast with House Made Ranch Dressing	\$7.50

## FRIDAY

September 7, 2023

## Daily Sandwich Bar

Smoked Turkey Breast Sandwich  
Smoked Turkey Breast, Lettuce, Tomato, Provolone Cheese on Whole Wheat.  
Ham Sandwich  
Honey Ham, Lettuce, Tomato, Cheddar Cheese on French  
Grilled Vegetable Sandwich  
Grilled Zucchini, Red Bell Pepper, Mushroom, Provolone, Roasted Tomato Spread, Lettuce, Tomato on Ciabatta

Make it A Bundle!  
Add House Chips and a Canned Beverage

Market Grill	Crispy Chicken Sandwich, Lettuce, Tomato, Cheese on Brioche Bun, Curly Fries	\$8.25
Global Adventures	Korean Beef Bulgogi Bowl, Jasmine Rice, Green Onions, Asian Stir Fry Vegetables	\$8.05
Plant Inspired	Korean Tempeh Bulgogi Bowl Jasmine Rice, Green Onions, Asian Stir Fry Vegetables	\$7.25
Platillos Latinos	Free Range Rojo Free Range Chicken Quesadillas, , or Vegetarian Quesadilla Pico De Gallo, Tortilla Chips and Salsa	\$8.05
Tossed	Super Food Salad Black Beans, Roasted Corn, Butter Squash, Sunflower Seeds, Purple Cabbage, Organic Mixed Greens, House Made Roasted Green Chili Vinaigrette	\$7.50

Epicurean Group @ Cardinal Newman High School

## In the Know

District Manager  
Café Manager



EPICUREAN GROUP  
fresh. honest. local.

Epicurean Group is a Food Management Company that specializes in providing exceptional dining. We partner with local farmers and suppliers, and provide you with fresh foods that nourish the body and mind. We dedicate ourselves to cooking from scratch, avoiding frozen or prepared foods high in fats, sodium or sugar. In addition, we build our menus by the season - we cook by Mother Nature's abundance and on her schedule!



All items marked for dietary restrictions

