



Menu



MondayOctober 19, 2026		Café Service Hours
Alarm Clock Breakfast	Belgian Waffles, Fresh Fruit, Whipped Cream, Bacon	7:30 - 10:00 11:00 - 1:00 2:30 - 3:30
Taste of Italy	Pasta Primavera, Spaghetti, Eggplant, Zucchini, Marinara	Today's Grab and Go Special Monday: Chopped Italian Salad, Salami, Romaine Lettuce, Kalamata Olives, Pepperoncini, Mozzarella Cheese, House Made Italian Dressing Tuesday: Greek Salad, Grilled Chicken, Romaine Lettuce, Pepperoncini, Cherry Tomatoes, Cucumbers, Red Onions, Balsamic Vinaigrette Wednesday: Cobb Salad, Romaine Lettuce, Grilled Chicken, Bacon Bits, Turkey, Boiled Egg, Carrots, Cherry Tomatoes, Cucumbers, Bleu Cheese Dressing Thursday: Spinach Berry Salad, Shaved Red Onion, Feta Cheese, Sunflower Seeds, Creamy Strawberry-Poppy Seed Dressing Friday: Chef's Choice
Izakaya	Chicken Tikka Masala, Jasmine Rice, Seasonal Roasted Vegetables	
Panini	Chicken Pesto Salad Sandwich, Kettle Chips	
TuesdayOctober 20, 2026		
Alarm Clock Breakfast	Savory Crepe, Spinach, Tomato, Mushroom, Bacon, Mozzarella Cheese	
Kitchen Table	Orange Chicken, Basmati Rice, Seasonal Vegetables	
Izakaya	Beef Donburi, Jasmine Rice, Siracha Aioli, Roasted Seasonal Vegetables, Scallions	
Panini	Free Range Buffalo Chicken Sandwich, Mozzarella Cheese, Lettuce Tomato, Kettle Chips	
WednesdayOctober 21, 2026		
Alarm Clock Breakfast	Chocolate Overnight Oats, Fresh Berries, House Made Granola, Bacon	
Taste of Italy	Chicken Fettuccini Alfredo, Seasonal Steamed Vegetable	
Taste Of Espana	Pork Chili Verde, Spanish Rice, Corn Tortilla,	
Flatbreads and More	Chicken Bacon Pesto Flat bread, Grilled Garlic Herb Chicken, Applewood Smoked Bacon, House Made Pesto Aioli, Cherry Tomatoes, Balsamic Drizzle	
ThursdayOctober 22, 2026		
Alarm Clock Breakfast	Breakfast Tacos, Chorizo, Cage Free Eggs, Country Potatoes, Corn Tortillas, Salsa, Shredded Cheese	
Taste of Italy	Herb Roasted Chicken with Pesto Cream Sauce, Steamed Rice, and Seasonal Vegetables	
Izakaya	Beef and Broccoli, Steamed Jasmine Rice	
Street Food	Lemon Pepper Dry Rubbed Wings, Drums and Flats, Ranch Dipping Sauce, Carrot and Celery Sticks	
FridayOctober 23, 2026		
Alarm Clock Breakfast	Overnight Strawberry Chocolate Chip French Toast, Sweet Cream Cheese, Fresh Berries, Whipped Cream, Applewood Smoked Bacon	
Global Adventure	Spinach and Roast Garlic Ravioli, Marinara, Roasted Brussel Spouts	
Kitchen Table	Beef Steak With Mushroom Gravy, Mashed Potatoes, Roasted Carrots	
Panini	Classic Turkey Pressed Sandwich, Lettuce, Tomato, Red Onion, Pesto Aioli, Kettle Chips	
Epicurean Group at St. Francis Catholic High School		
Your Executive Chef:	Isaiah Cortright 707-655-3963	
Café/Catering Manager:	Evelyn Barela (916) 737-5062	



FAIR TRADE DARK Chocolate DAY

Indulge in rich dark chocolate while celebrating a sweeter, fairer choice.

October 19th -23rd

Dark Chocolate Brownie
Chocolate-Dipped Strawberries
Hot Cocoa



HELLO October

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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.





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