



Monday

September 21, 2026

- Market Grill* Grass fed beef bolognese penne, garlic roasted zucchini, garlic bread
- Taste of Italy* Penne, housemade marinara, garlic roasted zucchini
- Market Grill* Penne, housemade marinara, garlic roasted zucchini
- Take Out Menu* House made caesar salads, assorted sandwiches, fresh made smoothies, seasonal fruit cups, parfaits and more.

Tuesday

September 22, 2026

- Alarm Clock Breakfast* House made Breakfast Sandwiches, Breakfast Burritos, Pastries, Parfaits and Fruit Cups
- Platillos Latinos* Free range chicken al pastor burrito bowl, slow cooked pinto beans, cilantro lime rice, salsa verde, sour cream
- Platillos Latinos* Soyrito burrito bowl, slow cooked pinto beans, cilantro lime rice, salsa verde, sour cream
- Market Grill* Free range BBQ chicken wrap, shredded cheese, diced tomato, tortilla strips, lettuce, house made chips

Wednesday

September 23, 2026

- Breakfast Bistro* Cinnamon french toast, powdered sugar
- Asian Bowl* Free range chicken teriyaki bowl, steamed jasmine rice, roasted broccoli
- Market Grill* Organic teriyaki tofu, steamed jasmine rice, roasted broccoli
- Market Grill* Philly cheese steak sandwich, peppers, onions, mozzarella cheese

Thursday

September 24, 2026

- Breakfast Bistro* Waffles with chocolate drizzle
- Global Adventure* Free range crispy sesame chicken, steamed rice, garlic sauteed bok choy
- Global Adventure* Organic crispy sesame tofu, steamed rice, garlic sauteed bok choy
- Market Grill* Grass fed western cheeseburger, garlic fries

Friday

September 25, 2026

- Breakfast Bistro* House made Breakfast Sandwiches, Breakfast Burritos, Pastries, Parfaits and Fruit Cups
- American BBQ* BBQ chicken wings, curly seasoned fries
- Market Grill* Pollo asado nachos, pepper jack cheese sauce, refried beans, salsa verde, sour cream
- Market Grill* House made nachos, pepper jack cheese sauce, refried beans, salsa verde, sour cream

Epicurean Group at Carondelet High School

Executive Chef Tom Huxley

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

Café Service Hours

7:30-9:30 AM

11:20 AM-12:30 PM

2:30-3:30 PM

Today's Grab and Go Special

Monday:

House Made Caesar Salads, Fruit Smoothies, Fresh Seasonal Fruit Cups, Parfaits, and More

Tuesday:

House Made Caesar Salads, Fruit Smoothies, Fresh Seasonal Fruit Cups, Parfaits, and More

Wednesday:

House Made Caesar Salads, Fruit Smoothies, Fresh Seasonal Fruit Cups, Parfaits, and More

Thursday:

House Made Caesar Salads, Fruit Smoothies, Fresh Seasonal Fruit Cups, Parfaits, and More

Friday:

House Made Caesar Salads, Fruit Smoothies, Fresh Seasonal Fruit Cups, Parfaits, and More

Promotions



Find us on Web: www.epicureanweb.com

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.



EPICUREAN GROUP
"fresh honest food"



Menu Key