



Monday		October 20, 2025	Café Service Hours
Italian Bowl	Creamy cajun alfredo penne, garlic roasted squash, garlic bread stick		7:30 - 9:30 11:20 - 12:30 1:10 - 1:20
Market Grill	Grilled three cheese, tomato bisque		Today's Grab and Go Special Monday: House Made Caesar Salads, Assorted Sandwiches, Fruit Smoothies, Fresh Seasonal Fruit Cups, Parfaits and More Tuesday: House Made Caesar Salads, Assorted Sandwiches, Fruit Smoothies, Fresh Seasonal Fruit Cups, Parfaits and More Wednesday: House Made Caesar Salads, Assorted Sandwiches, Fruit Smoothies, Fresh Seasonal Fruit Cups, Parfaits and More Thursday: House Made Caesar Salads, Assorted Sandwiches, Fruit Smoothies, Fresh Seasonal Fruit Cups, Parfaits and More Friday: House Made Caesar Salads, Assorted Sandwiches, Fruit Smoothies, Fresh Seasonal Fruit Cups, Parfaits and More
Market Grill	Grilled three cheese, tomato bisque		
Take Out Menu	Pepperoni Pizza or Cheese Pizza by the Slice		
Tuesday		October 21, 2025	
Alarm Clock Breakfast	cinnamon dusted french toast, side of bacon		
Patillos Latinos	Braised chicken tostadas, refried beans, Spanish rice, sour cream, salsa Roja		
Patillos Latinos	Soy Rizo Tostadas, Refried Beans, Spanish Rice, Sour Cream, Salsa Roji		
Market Grill	Grass fed Philly cheese steak, bell peppers, onions, fries		
Wednesday		October 22, 2025	
Breakfast Bistro	House Made Caesar Salads, Assorted Sandwiches, Fruit Smoothies, Fresh Seasonal Fruit Cups, Parfaits and More		
Global Adventure	Chicken Tenders, House Fries		
Global Adventure	Kahlua Pork, Coconut Rice, Roasted Broccoli		
Stone Oven	Pepperoni Pizza or Cheese Pizza by the Slice		
Thursday		October 23, 2025	
Asian Bowl	Crispy orange chicken, steamed rice, garlic and ginger Bok choy		
Asian Bowl	Crispy orange tofu, steamed rice, garlic and ginger Bok choy		
Market Grill	Grilled ham and cheese, fries		
Take out menu	Pepperoni Pizza or Cheese Pizza by the Slice		
Friday		October 24, 2025	
Breakfast Bistro	French toast sticks dusted with powdered sugar		
Food Truck USA	House Breaded Fish and chips, coleslaw,		
Market Grill	Grass fed western cheeseburger, fries		
Stone oven	Pepperoni Pizza or Cheese Pizza by the Slice		
Epicurean Group at Carondelet High School			
Your Executive Chef:	Tom Huxley		
Café/Catering Manager:	Candace Barnes (925) 727-1006		

HELLO,
October!

APPLE A DAY

10-17-25

Crunch into wellness! Apples are a fiber-rich, heart-healthy snack that's endlessly versatile and delicious in everything.

Sample Menu
Savory Apple Grilled Cheese
Sharp Cheddar, Organic Apple Slices, Whole Grain Bread
Baked Cinnamon Apples
Warm Organic Apples, Raisins, Oat Crumble
CRISP, SWEET & GOOD FOR YOUR HEART

FAIR TRADE DARK CHOCOLATE DAY

10/21/25

Take a bite for a better world! Celebrate Fair Trade Dark Chocolate Day with rich, ethically sourced chocolate.

Sample Tasting Flight
70% Cacao Bar - Bold, Smooth, Single-Origin
Sea Salt Dark Chocolate Square - Sweet, Salty, Sustainably Sourced
Dark Chocolate-Dipped Dried Fruit - Naturally Sweet, Fairly Traded
GOOD FOR THE PLANET. GREAT ON THE PALATE.

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.

TOP 50
FOOD SERVICE
COMPANIES
2024

GREEN

CALIFORNIA
GREEN BUSINESS
100 LIST

EPICUREAN GROUP

Fresh. Honest. Local.