



August 2018

Dear Cardinal Newman Parents,

We hope that you and your family are enjoying a restful summer!

Epicurean Group is dedicated to serving the needs of your student and the Cardinal Newman community at large. We are a local company whose employees possess unparalleled experience in food service. We live our passion for providing fresh, honest, and local food prepared from scratch, every day and at every meal, featuring only the finest ingredients.

We simply love what we do! We believe that it is our calling to serve and provide delicious food for your student.

At Epicurean Group our chefs cook from scratch to prepare your students meal. All our stocks, dressings and sauces are made in-house, nothing comes from cans. You won't find anything processed or artificial in our food. We chose fresh, healthy ingredients, never processed food high in sodium, fat and sugar.

We are proud to welcome back Chef Manager Heather Ames. Heather and the team are committed to sourcing seasonal, local, organic fruits and vegetables while preparing delicious food that will nourish your students body and mind. We partner with local growers and artisan producers – such as Mary's Free Range Chicken, Cowgirl Creamery, Niman Ranch, Clover Dairy, Bassian Farms, and Alvarado Street Bakery– who demonstrate high standards of quality and environmental responsibility. Our seafood is purchased according to the Monterey Bay Aquarium's Seafood Watch guidelines. We choose to source only the most sustainable grass-fed ground beef and free-range chicken that contain no antibiotics or rBGH. We always incorporate organic produce, according to the "[Clean 15 and Dirty Dozen](#)," from local farms throughout the Bay Area.

We start with the finest ingredients possible and, with parent and student feedback, we customize your school menu. Our goal is to educate your student allowing them to make smart food choices.

Please go to www.MySchoolBucks.com to setup your students account and don't forget to download the mobile app on your phone for easy account management. Please set up a low balance alert of \$25 or lower to ensure your child always have enough to order lunch.

We at Epicurean Group are looking forward to the new academic year. Please stop by and visit us as we settle into an exciting new year. Please do not hesitate to call us at the 707-546-6470 ext 118 or email us at heather@epicurean-group.com.

Sincerely,

Heather Ames

Chef Manager