

Monday July 27th , 2026 – Friday July 31st, 2026
menu subject to change

Garden Cafe

FEATURES



Featuring Delicious Ghanian Cuisine
Celebrating Food & Community of Ghana!
Curated & Prepared By Our Very Own
Louisa Wayoe!

MONDAY

TAVOLA ITALIANA
TRADITIONAL FLAVORS OF ITALY

Pasta Action Station

Choice of Pasta,
Sauce, Veggies,
Chicken or Shrimp

Made to Order

Survey
Suggested
Item!

TUESDAY

VERDE
Fresh Latin Kitchen

Burritos

Pork or Chicken Carnitas
or
Plant Based Chorizo
Cilantro Lime Rice
Brown Rice
Black Beans
Pinto Beans
Toppings

WEDNESDAY

ZEN
PAN-ASIAN CUISINE

Bang Bang Shrimp
Sweet Chili Chicken
Lo Mein Noodles
Fried Rice
White Rice
Baby Bok Choy
Sesame Broccoli
Vegetable Egg Roll

Fan Favorite!

THURSDAY

Featuring Culinarian
Ms. Louisa Wayoe

Tilapia
Chicken Quarters
Jollof Rice
Black Eyed Peas
Spinach
Plantains

Dessert: FuFu
Beverage:
Hibiscus
Ginger Tea



Survey
Suggested
Item!

FRIDAY



Baked Salmon
Grilled Pork Chop
Basil Mashed Potato
Farro Pilaf
Broccolini
Grilled Squash & Zucchini

Survey
Suggested
Item!

volanté | eats



Employee Discount
Emp20
Account Number
29015

CONNECT WITH US

mxbonavi@sentara.com

PH: 703.523.1540