

Feb 1<sup>st</sup> – 7<sup>th</sup> 2026

# Martha's Garden

## FEATURES

**MONDAY**

*Spud Shack*

**THURSDAY**

*Tavola*

**TUESDAY**

*Verde*

**FRIDAY**

*Nice Thai*

**WEDNESDAY**

*Zen*

**SALAD BAR THEME = CIAO (*Flavor of Italy*)**

**MONDAY**

Baked Potato  
Sweet Potato  
Chicken  
Sausage & Peppers  
Pulled Pork  
Toppings

**TUESDAY**

Cilantro Rice  
Tortilla Chips  
Margarita Chicken  
Barbacoa Beef  
Toppings

**WEDNESDAY**

Brown Rice  
Lo Mein  
Stir Fry  
Szechuan Green Beans  
Bourbon Chicken  
Sweet Spicy Shrimp  
Cabbage Slaw

**THURSDAY**

Fettuccini  
Spring Lemon Orzo  
Roasted Broccoli  
Shrimp Scampi  
Salmon  
Sauces & Toppings

**FRIDAY**

Chicken & Mushroom Pad Thai  
Spicy Tofu Pad Thai  
Thai Shrimp & Noodles  
Vegetable Spring Rolls  
Crunchy Thai  
Cucumber Salad

**SOUPS**

**Chicken & Dumplings**  
soup  
**Split Pea**  
soup

## CONNECT WITH US

[djlawren@sentara.com](mailto:djlawren@sentara.com)

Feb 8<sup>th</sup> – 14<sup>th</sup> 2026

# Martha's Garden

## FEATURES

**MONDAY** *Basmati & Spice*

**THURSDAY** *Take a Boa*

**TUESDAY** *Smoke House*

**FRIDAY** *Fish N Chippie*

**WEDNESDAY** *Meatballs & Company*

**SALAD BAR THEME = PAN PACIFIC**

**MONDAY**

Chickpea Marsala  
No Butter Chicken

**TUESDAY**

BBQ Chicken  
BBQ Brisket  
Baked Beans  
Mac N Cheese  
Collard Greens

**WEDNESDAY**

The Baller  
The Tripple Threat  
Sunday Sauce  
Tortellini Antipasti

**THURSDAY**

Korean Chicken BBQ  
Slow Roasted Pork  
Bao  
Mongolian Beef  
Bao  
Asian Slaw  
Spicy Peanut Noodle  
Salad

**FRIDAY**

Traditional  
Fish & Chips  
Crispy Fish Sandwich  
Fish N Greens

**SOUPS**

**Chicken Gumbo**  
Soup  
**Bacon Corn**  
Chowder

## CONNECT WITH US

[djlawren@sentara.com](mailto:djlawren@sentara.com)

Feb 15<sup>th</sup> – 21<sup>st</sup> 2026

# Martha's Garden

## FEATURES

**MONDAY**

*Spud Shack*

**THURSDAY**

*Tavola*

**TUESDAY**

*Verde*

**FRIDAY**

*Happy Hen*

**WEDNESDAY**

*Tandoori*

**SALAD BAR THEME = FIESTA (*Latin Inspired*)**

**MONDAY**

Baked Potato  
Sweet Potato  
Chicken  
Sausage & Peppers  
Pulled Pork  
Toppings

**TUESDAY**

Chicken Tinga  
Tomatillos  
Chipotle Brisket  
Spanish Rice  
Herbed Rice  
Toppings

**WEDNESDAY**

Salmon with  
Coconut Sauce  
Tandoori Chicken  
Basmati Rice  
Coconut Rice  
Roasted Cauliflower  
Moroccan  
Chickpeas

**THURSDAY**

Italian Meatballs  
Mediterranean  
Chicken  
Cheese Tortellini  
Penne Pasta  
Sauces & Toppings

**FRIDAY**

Country Fried  
Chicken  
Sweet Tea Fried  
Chicken  
Mashed Potatoes  
Mac N Cheese  
Brussel Sprouts

**SOUPS**

**Pasta Fagioli**  
Soup  
**Baked Potato**  
soup

## CONNECT WITH US

[djlawren@sentara.com](mailto:djlawren@sentara.com)

Feb 22<sup>nd</sup> – 28<sup>th</sup> 2026

# Martha's Garden

## FEATURES

**MONDAY** *Basmati & Spice*

**THURSDAY** *Take A Boa*

**TUESDAY** *Smoke House*

**FRIDAY** *Cheese Louise*

**WEDNESDAY** *Kind Tide Seafood*

**SALAD BAR THEME = GREEK OUT**

### MONDAY

Chickpea Marsala  
No Butter Chicken

### TUESDAY

BBQ Meatloaf  
Pulled Pork  
Smoked Sausage  
Corn on the Cob  
Green Beans  
Potato Salad

### WEDNESDAY

Fried Catfish  
Crabcakes  
Acorn Squash  
Red Smashed Potatoes  
Fried Pickles  
Succotash

### THURSDAY

Korean Chicken BBQ  
Slow Roasted Pork Bao  
Mongolian Beef Bao  
Asian Slaw  
Spicy Peanut Noodle Salad

### FRIDAY

Pimento Mac n Cheese  
Mac N Cheese  
Roasted Broccoli  
Nashville Chicken  
Smoked Sausage  
Toppings

### SOUPS

**Chicken Noodle**  
Soup  
**Broccoli Cheddar**  
soup

## CONNECT WITH US

[djlawren@sentara.com](mailto:djlawren@sentara.com)

Feb 29<sup>th</sup> – Mar 7<sup>th</sup> 2026

# Martha's Garden

## FEATURES

**MONDAY**

*Spud Shack*

**THURSDAY**

*Tavola*

**TUESDAY**

*Verde*

**FRIDAY**

*Nice Thai*

**WEDNESDAY**

*Zen*

**SALAD BAR THEME = CIAO (*Flavor of Italy*)**

**MONDAY**

Baked Potato  
Sweet Potato  
Chicken  
Sausage & Peppers  
Pulled Pork  
Toppings

**TUESDAY**

Cilantro Rice  
Tortilla Chips  
Margarita Chicken  
Barbacoa Beef  
Toppings

**WEDNESDAY**

Brown Rice  
Lo Mein  
Stir Fry  
Szechuan Green Beans  
Bourbon Chicken  
Sweet Spicy Shrimp  
Cabbage Slaw

**THURSDAY**

Fettuccini  
Spring Lemon Orzo  
Roasted Broccoli  
Shrimp Scampi  
Salmon  
Sauces & Toppings

**FRIDAY**

Chicken & Mushroom Pad Thai  
Spicy Tofu Pad Thai  
Thai Shrimp & Noodles  
Vegetable Spring Rolls  
Crunchy Thai  
Cucumber Salad

**SOUPS**

**Chicken & Dumplings**  
soup  
**Split Pea**  
soup

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