

Dec 28th 2025– Jan 3rd 2026

Martha's Garden

FEATURES

MONDAY *Basmati & Spice*

THURSDAY *Happy New Years*

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

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

Jan 4TH – 10th 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

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Jan 11th – 17th 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

Jan 18th – 24th 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

Jan 25th – 31st 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

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