

Apr 26<sup>th</sup> – May 2<sup>nd</sup> 2026

# Martha's Garden

## FEATURES

**MONDAY**

*Spud Shack*

**THURSDAY**

*Travola*

**TUESDAY**

*Verde*

**FRIDAY**

*King Tide Seafood*

**WEDNESDAY**

*Zen*

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

**MONDAY**

Pulled Pork  
Sausage/Pep/Onions  
Baked Potatoes  
Baked Sweet Potatoes  
Garlic Broccoli  
Sauteed Spinach  
Toppings

**TUESDAY**

Chicken Tinga  
Fajita Shrimp  
Cilantro Lime Rice  
Pinto Beans  
Romaine  
Toppings

**WEDNESDAY**

General Tso's Chx  
Bulgogi Beef  
Fried Shrimp  
Lo Mein  
Szechuan Green Beans  
Sesame Stir Fry

**THURSDAY**

Chicken w/ Pesto  
Meatball w/ sauce  
Lemon Orzo  
Rotini  
Balsamic Brussels  
Roasted Veggies  
Garden Salad  
Parmesan / Feta

**FRIDAY**

BBQ Salmon  
Crusted Tilapia  
Smashed Red Potato  
Rice Pilaf  
Brussel  
Summer Squash  
Pasta Salad  
Corn/Bean Salad  
Mango Salsa  
Cocktail  
Tartar

**SOUPS**

**Broccoli Cheese**  
Soup  
**Wedding Tuscan**  
soup

## CONNECT WITH US

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

May 3<sup>rd</sup> – 9<sup>th</sup> 2026

# Martha's Garden

## FEATURES

**MONDAY** *Basmati & Spice*

**THURSDAY** *Callaloo*

**TUESDAY** *Smoke House*

**FRIDAY** *Drums & Flats*

**WEDNESDAY** *Meatballs & Company*

**SALAD BAR THEME = PAN PACIFIC**

**MONDAY**

Chicken Masala  
Braised Beef  
Curry Rice  
Quinoa Cous Cous  
Curry Cauliflower  
Spiced Sweet Pot  
Cucumber Salad  
Mago Chutney  
Pickles Onions  
Tzatziki  
Fried Chickpeas

**TUESDAY**

BBBQ Chicken QTR  
BBQ Pork  
Baked Beans  
Mac & Cheese  
Collard Greens  
Corn  
Broccoli Salad  
Coleslaw  
BBQ Sauces

**WEDNESDAY**

Mama Meatball  
Kielbasa / Onion  
Cheese Tort  
Pene Pasta  
Roasted Broccoli  
Red Sauce  
Alfredo  
Feta  
Mozzarella  
Black Olives  
Parmesan

**THURSDAY**

Jerk Pulled Pork  
Curry Chicken  
Red Beans / Rice  
Yellow Rice  
Fried Plantain  
Braised Cabbage  
Fruit Salsa  
Corn/Tom Relish  
Pickles Onions  
Cilantro

**FRIDAY**

Crispy Chix Wings  
Baked Lemon Pep  
Wings  
Mac & Cheese  
Potato Wedges  
Carrots Sticks  
Celery Sticks  
Slaw  
Sauces

**SOUPS**

**Chicken Lemon Orzo**  
Soup  
**Butternut Squash**  
Chowder

## CONNECT WITH US

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

May 10<sup>th</sup> – 16<sup>th</sup> 2026

# Martha's Garden

## FEATURES

**MONDAY**

*Cheese Louis*

**THURSDAY**

*Tavola*

**TUESDAY**

*Verde*

**FRIDAY**

*Happy Hen*

**WEDNESDAY**

*Tandoori*

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

**MONDAY**

Buffalo Chicken  
Kielbasas'  
Mac N Cheese  
White Cheddar Mac  
Peppers & Onions  
Roasted Cauliflower  
Pico  
Bacon bits  
Jalapeño  
Shredded Cheese  
Green Onions

**TUESDAY**

Pulled Pork  
Barbacoa Beef  
Cilantro Lime Rice  
Pinto Beans  
Romaine  
Guacamole  
Queso Fresco  
Jalapeño  
Salsa Verde  
Olives  
Corn salsa  
Sour Cream

**WEDNESDAY**

Tandoori Chicken  
Butter Chicken  
Basmati Rice  
Bombay Potatoes  
Garlic Broccoli  
Moroccan Chickpea  
Pickles Onions  
Mango Chutney  
Red Pepper Sauce  
Cucumber Salad  
Mint/Cilantro

**THURSDAY**

Mediterranean  
Chicken  
Italian Sausage  
Creamy Risotto  
Fettuccini  
Marinara  
Garlic Alfredo  
Garden Salads  
Peas & Shrooms  
Parmesan  
Basil  
Feta

**FRIDAY**

Pickled Fried Chicken  
Ranch No Fry  
Chicken  
Chive Mash Pot  
Cheesy Hashbrown  
Green beans  
BBQ Carrots  
Collard Cab Slaw  
Cheddar Biscuits  
Hot Honey

**SOUPS**

**Beef & Barley**  
Soup  
**Baked Potato**  
soup

## CONNECT WITH US

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

May 17<sup>th</sup> – 23<sup>rd</sup> 2026

# Martha's Garden

## FEATURES

**MONDAY**      *Honest Bowl*

**THURSDAY**    *Meatball & Company*

**TUESDAY**      *Smoke House*

**FRIDAY**      *Drums & Flats*

**WEDNESDAY**    *Creole Queen*

**SALAD BAR THEME = GREEK OUT**

**MONDAY**

Chimichurri Steak  
Herb Chicken  
Moroccan Couscous  
Basmati Rice  
Black Beans  
Garlic Broccoli  
Humus  
Feta  
Pickled Onions  
Tzatziki  
Olives

**TUESDAY**

BBQ Meatloaf  
Roasted Turkey BBQ  
Corn Bread  
Potato Wedges  
Corn Cob  
Smokey Collards  
Potato Salad  
Banana Pudding  
Memphis BBQ  
Cholula BBQ

**WEDNESDAY**

Chix / Andouille  
Blackened Shrimp  
Cajun Rice  
Cheese Grits  
Lima Bean Creole  
Cajun Corn/Pepps  
Cajun Pasta Salad  
Pickled Onions  
Pickled Jalapeños  
Muffaletta Relish

**THURSDAY**

Mama Meatball  
Kielbasa / Onion  
Cheese Tort  
Pene Pasta  
Roasted Broccoli  
Red Sauce  
Alfredo  
Feta  
Mozzarella  
Black Olives  
Parmesan

**FRIDAY**

Boneless Wings  
Baked Dry Rub Wings  
Gouda Mac & Cheese  
Steak Fries  
Carrots Sticks  
Celery Sticks  
Pasta Salad  
Sauces

**SOUPS**

**Clam Chowder**  
Soup  
**Minestrone**  
Soup

## CONNECT WITH US

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

May 24<sup>th</sup> – May 30<sup>th</sup> 2026

# Martha's Garden

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*Spud Shack*

**THURSDAY**

*Travola*

**TUESDAY**

*Verde*

**FRIDAY**

*King Tide Seafood*

**WEDNESDAY**

*Zen*

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Fajita Shrimp  
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Pinto Beans  
Romaine  
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Garden Salad  
Parmesan / Feta

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Smashed Red Potato  
Rice Pilaf  
Brussel  
Summer Squash  
Pasta Salad  
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Mango Salsa  
Cocktail  
Tartar

**SOUPS**

**Broccoli Cheese**  
Soup  
**Wedding Tuscan**  
soup

## CONNECT WITH US

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

May 31<sup>st</sup> – June 6<sup>th</sup> 2026

# Martha's Garden

## FEATURES

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**THURSDAY** *Callaloo*

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Celery Sticks  
Slaw  
Sauces

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**Chicken Lemon Orzo**  
Soup  
**Butternut Squash**  
Chowder

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