Nov 1st – 7th 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

Nov 8th – 14th 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

Nov 15th – 21st 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

Nov 22nd – 28th 2026

Martha's Garden

FEATURES

MONDAY	***Cheese Louis***	**THURSDAY**	***Traditional Dinner***
TUESDAY	***Verde***	**FRIDAY**	***CLOSED***
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

Turkey
Ham
Mash Potatoes
Gravy
Stuffing
Sweet Potatoes
Green Beans
Rolls

FRIDAY

SOUPS

Beef & Barley
Soup

Baked Potato
soup

CONNECT WITH US

djlawren@sentara.com

Nov 29th – Dec 5th 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