

Sept 27th – OCT 3rd 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

Oct 4th – 10th 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

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Oct 11th – 17th 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

Oct 18th – 24th 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

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Oct 25th – 31st 2026

Martha's Garden

FEATURES

MONDAY

Cheese Louis

THURSDAY

Tavola

TUESDAY

Verde

FRIDAY

Happy Hen

WEDNESDAY

Tandoori

SALAD BAR THEME = FIESTA (*Latin Inspired*)

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

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

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

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

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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

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