

Feb. 16th – Feb. 20th

THE RETREAT CAFE

FEATURES

MONDAY Drums & Flats- Chicken Wing Bar

TUESDAY Verde- Burrito

WEDNESDAY Happy Hen- Fried Chicken

THURSDAY Zen- Asian Cuisine

FRIDAY & Okra- Braised Short Ribs/Fried Flounder

GLOBAL STATION: Muffuletta Sandwich



MONDAY

Grilled Bratwurst
Impossible Bratwurst

Grilled Peppers &
Onions
Sauerkraut

French Fries
or
Onion Rings

\$8.00

TUESDAY

Take A Bao

Steam Buns
Korean Chicken
Mongolian Beef
Sliced Pork
Sliced Tofu

Hoisin Sauce
Sliced Cucumber
Asian Slaw
Pickled Onions
Spicy Noodle Salad

\$8.00

WEDNESDAY

Flank Steak with
Chimichurri Sauce
Harissa Roasted
Carrots

Quinoa
Brown Rice
Broccoli
Edamame Hummus
Dinner Roll

\$8.00



THURSDAY

Meatball & Co
Bowl or Sub

Beef Meatball
Turkey Meatball

Polenta
Peppers & Onions
Tomato Basil Sauce
Salsa Verde

\$8.00

FRIDAY

Crab Cake
Succotash
Stir Fried Sugar Snap
Peas
Sweet Potato Hash
Dirty Rice

SOUPS

MONDAY

Broccoli with Cheese or
Minestrone

TUESDAY

Chicken Tortilla or Baked
Potato

WEDNESDAY

Specialty Soup

THURSDAY

Chicken Noodle or Beef
Barley

CONNECT WITH US

Kxdaught@sentara.com



menu subject to change
based on availability