

Feb. 2nd – Feb. 6th

THE RETREAT CAFE

FEATURES

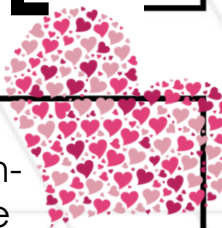


MONDAY

Tavola- Pasta Bar

THURSDAY

Creole Queen-
Cajun Cuisine



TUESDAY

Verde- Taco/Bowl

FRIDAY

Tandoori- Indian
Cuisine

WEDNESDAY

Happy Hen- Fried
Chicken

GLOBAL STATION: Cluck Cluck

MONDAY

National Tater Tot Day



Tater Tot Bar
Pulled Chicken
White Cheese Sauce
Three Bean Chili
Broccoli
Caramelized Onions
Sauteed Mushrooms
Green Onions
Shredded Cheddar
Sour Cream
Bacon Bits

\$8.00

TUESDAY

Sesame Chicken Power Bowl

Mediterranean Chicken
Baby Spinach
Spring Mix
Diced Tomatoes
Red Onions
Cilantro
Cucumbers
Cilantro Hummus
Lemon Vinaigrette

\$8.00

WEDNESDAY

Braised Pork Ragu Or Turkey Bolognese

Penne Pasta
Brown Rice
Cherry Tomatoes
Sauteed Mushrooms
Parmesan Cheese
Dinner Roll
\$8.00

THURSDAY

Smokehouse

Smoked Rib
Pulled BBQ Chicken
Corn on the Cobb
Potato Wedges
Baked Beans

\$8.00

Banana Pudding \$1.55



FRIDAY

Shrimp Scampi Zoodle Bowl

Zucchini Noodles
Rotini Pasta
Shrimp Scampi
Lemon Rosemary Chicken
Pomodoro Sauce
Pesto Alfredo
Broccoli
Roasted Vegetables
Parmesan Cheese

\$8.00

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