




The Terrace Café Weekly Menu
March 27 to March 31, 2023



	Monday	Tuesday	Wednesday	Thursday	Friday
Weekly Specials					
<p>*All menu items are subject to change based upon availability. The Terrace Café is owned and operated by The Hospital for Sick Children. All proceeds support patient care.</p>					
<p>Express Breakfast</p> 	<p>Served Monday to Friday, from 7 to 11 a.m. See in-store for hot breakfast items prepared daily.</p>				
<p>Around The World <i>Weekly cuisine features from around the world — Mexican, Chinese and more</i></p> 	<p>Ooodles of Noodles</p> <p>Served on a bed of chow mein noodles or fried rice, choose from:</p> <ul style="list-style-type: none"> • Manchurian chicken (locally sourced chicken from Bradford Bay, Ont.) • Pineapple pork • Beef and broccoli (locally sourced beef from Wellington County) • Stir-fried vegetables with tofu <p>Make your noodles a meal! Add a vegetable spring roll or two!</p>				

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Daily Specials					
<p>Chef's Corner <i>Home-cooked meals such as salmon, roasted chicken, lasagna and pasta dishes served fresh daily.</i></p> 	<p>Jerk chicken served with peas and rice, baked squash or mango coleslaw</p> <p>Baked salmon served with rice and squash</p> <p>Nutrition Month Feature! Veggie beef and pasta bake</p>	<p>Hawaiian pulled pork on a bun with pineapple slaw</p> <p>Nutrition Month Feature! Baked Paprika Chicken with lentils and vegetables</p> <p>Cheese ravioli with tomato basil sauce, served with garlic bread</p>	<p>Roast turkey sandwich on Texas bread, served with gravy, mashed potatoes and green beans</p> <p>Baked haddock with rice and green beans</p> <p>Nutrition Month Feature! Butternut squash spinach and feta frittata served with green beans</p>	<p>Chicken parmesan on a bun, served with pasta salad</p> <p>Baked salmon served with mixed vegetables and rice or pasta salad</p> <p>Three cheese baked pasta made with beef, served with garlic toast</p>	<p>Garlic ginger steak served with a fully loaded baked potato, green beans or coleslaw</p> <p>Macaroni and cheese</p> <p>Fish & chips Fridays Homemade English-style beer-battered fish served with potato wedges and creamy coleslaw</p>

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<p>Soup Kettle</p> 	<p>Chicken noodle soup</p> <p>Beef chili</p> <p>Vegetarian stew</p> <p>Homemade soup special of the day</p>	<p>Chicken noodle soup</p> <p>Beef chili</p> <p>Vegetarian stew</p> <p>Homemade soup special of the day</p>	<p>Chicken noodle soup</p> <p>Beef chili</p> <p>Vegetarian stew</p> <p>Homemade soup special of the day</p>	<p>Chicken noodle soup</p> <p>Beef chili</p> <p>Vegetarian stew</p> <p>Homemade soup special of the day</p>	<p>Chicken noodle soup</p> <p>Beef chili</p> <p>Vegetarian stew</p> <p>Homemade soup special of the day</p>
<p>The Grill</p> <p><i>Full breakfast bar, grilled paninis, hamburgers, fries, chicken fingers and more</i></p> 	<p>See in-store for menu specials.</p>				

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<p>Sandwich Stop <i>Fresh made-to-order sandwich selections.</i></p> 	<p>See in-store for menu specials.</p>				
<p>Salad Bowl <i>A variety of fresh salads.</i></p> 	<p>Choose from a wide selection of pre-packaged signature salads. Greek salad, quinoa salad and more (menu changes daily).</p> <p>Fuel your day with organic, plant-based bowls! Find organic, high protein, nut-free and vegan salads from Bio Raw</p>				

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Terrace Café

The Terrace Café is owned and operated by The Hospital for Sick Children. All proceeds support patient care.

Location: Main Floor, Atrium

Hours: Monday to Friday – 7 a.m. to 7 p.m.
Saturday, Sunday and Holidays – 9 a.m. to 4 p.m.

Phone: 416-813-6754

Food stations

From our chefs, the Terrace Café offers a full range of meals including:

- **The Grill: Full breakfast bar (served between 7 and 11 a.m. daily),** grilled paninis, hamburgers, fries, chicken fingers and more.
- **The Chef's Corner (Weekdays, 11 a.m. to 7 p.m.; Weekends and Holidays, 11:30 a.m. to 4 p.m.):** Home-cooked meals such as salmon, roasted chicken, lasagna and other pasta dishes served fresh daily
- **Around The World (Weekdays, 11:30 a.m. to 3 p.m.):** Weekly cuisine features from around the world, like Mexican, Indian, Chinese and more!
- **Salad Bowl:** Salad bar featuring pre-packaged signature salads and protein boxes
- **Sandwich Spot:** Fresh made-to-order sandwich selections
- **Made in Japan Teriyaki Experience**
- **Pizza Pizza Grab & Go fridge:** Full selection of pre-packaged snack options
- **Soup Kettle:** A variety of fresh soups, which change daily
- Plus, a selection of **baked goods and desserts**

Kids Eat Local! The Terrace Café at SickKids uses [locally sourced ingredients](#) whenever possible.