

The Terrace Café Weekly Menu at SickKids

January 18 to 22, 2021



	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. Location: Main Floor, Atrium www.sickkids.ca/menu</p> <p>Kids Eat Local! The Terrace Café at SickKids uses locally sourced ingredients as much as possible.</p>					
Express Breakfast	Served Monday to Friday, from 7 to 11 a.m. See in-store for hot breakfast items prepared daily.				
Around The World <i>Weekly cuisine features from around the world Mexican, Chinese, Greek and more</i>	Oodles of Noodles Served on a bed of chow mein noodles or rice, choose your protein: <ul style="list-style-type: none"> • Manchurian chicken, featuring locally sourced chicken from Bradford Bay, Ont. • BBQ pork, featuring locally sourced pork from Wellington County • Beef and broccoli, featuring locally sourced beef from Wellington County • Stir-fried vegetables with tofu <p>Add one or two vegetable spring rolls to make a delicious combo!</p>				
Daily Specials					
Chef's Corner <i>Home-cooked meals such as salmon, roasted chicken, lasagna and</i>	Roasted pork loin served with creamy cheese and winter vegetable casserole	Jerk chicken served with rice and peas and baked squash	Turkey pot pie served with broccoli or tossed salad	Shepherd's pie served with roasted root vegetables	Grilled tilapia with mango salsa served with rice and green beans or salad

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<i>pasta dishes served fresh daily.</i>	Herb-roasted chicken served with rice and creamy cheese and winter vegetables Cheese ravioli with tomato basil sauce	Penne with chickpeas, spinach and roasted asparagus	Baked salmon served with rice or tossed salad Frittata made with butternut squash and spinach served with tossed salad	Roasted chicken served with rice and roasted vegetables or salad Three-cheese baked pasta served with garlic toast or salad	Garlic ginger steak served with baked potato with all the fixings and green beans or salad Macaroni and cheese
The Grill <i>Full breakfast bar, grilled paninis, hamburgers, fries, chicken fingers and more.</i>	See in-store for menu specials.				
Sandwich Stop <i>Fresh made-to-order sandwich selections.</i>	See in-store for menu specials.				
Soup Kettle	See in-store for menu specials.				
Salad Bowl <i>A variety of fresh salads.</i>	Choose from a wide selection of pre-packaged signature salads. Greek salad, quinoa salad and more (menu changes daily).				

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As the coronavirus (COVID-19) situation continues to evolve, SickKids is taking precautions to keep everyone at the hospital safe. In addition to enhanced sanitizing procedures, these measures in the Terrace Café include:

- *closing the self-serve salad bar and converting it to a Grab & Go salad station (pre-packaged signature salads)*
- *introducing a new DIY fruit and granola yogurt parfait (with fresh ingredients pre-packaged so that you can assemble your snack on-the-go)*
- *ensuring all fruits and baked goods are individually wrapped*
- *accepting cashless transactions only to help minimize contact*