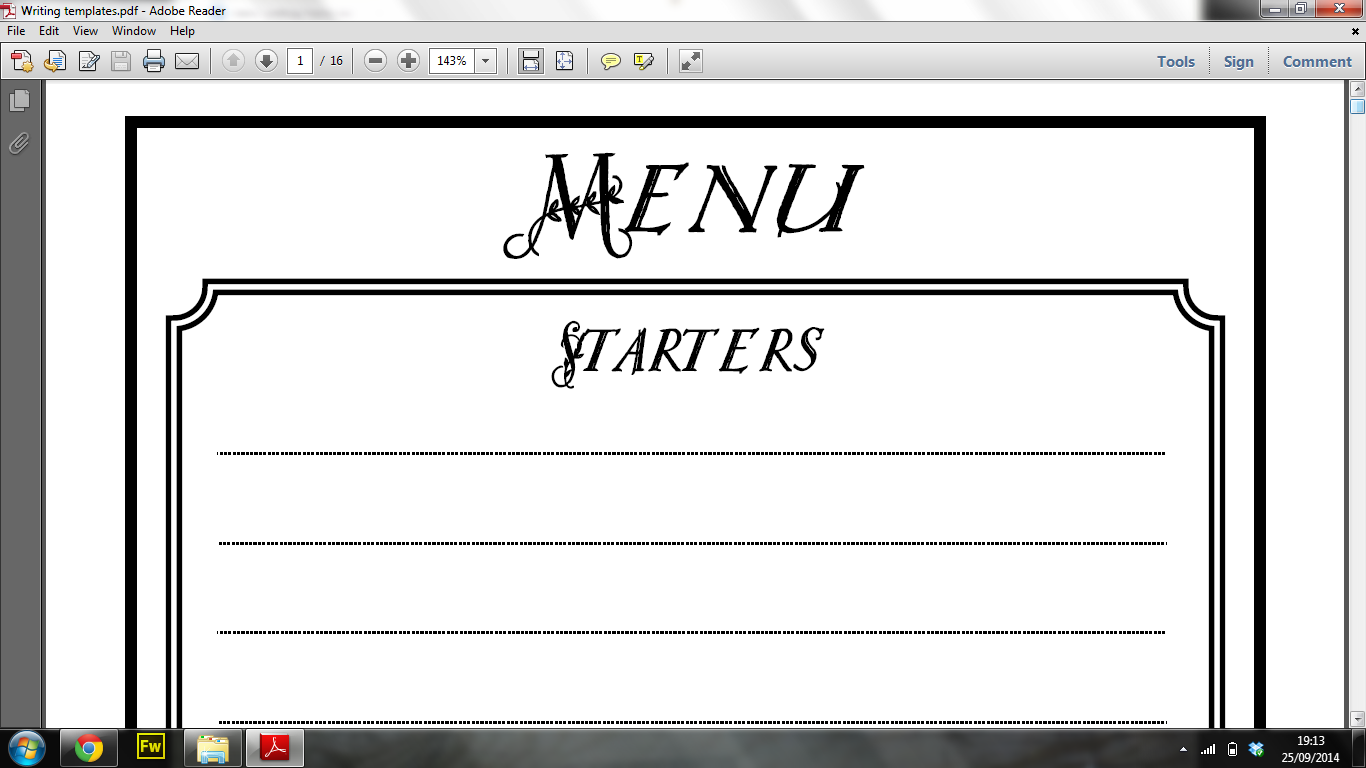
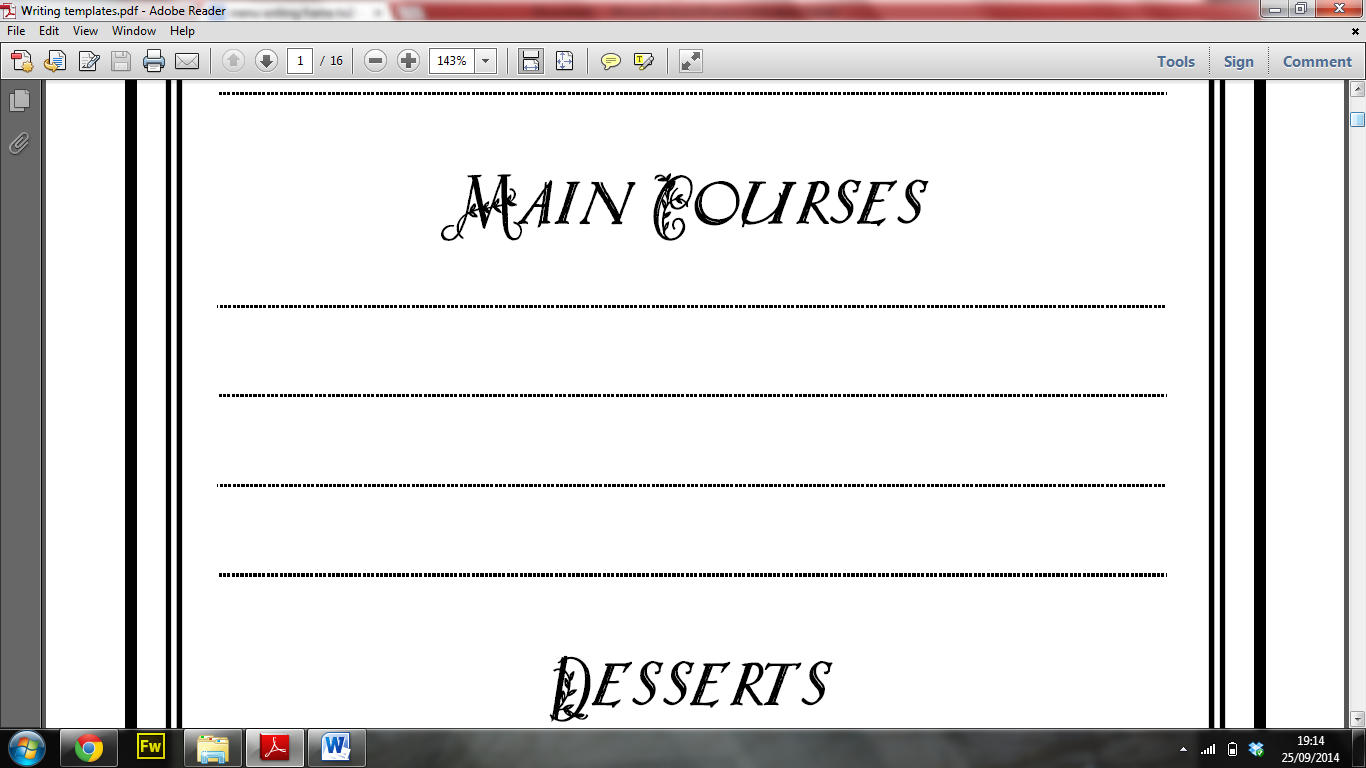
By Alex Cragg

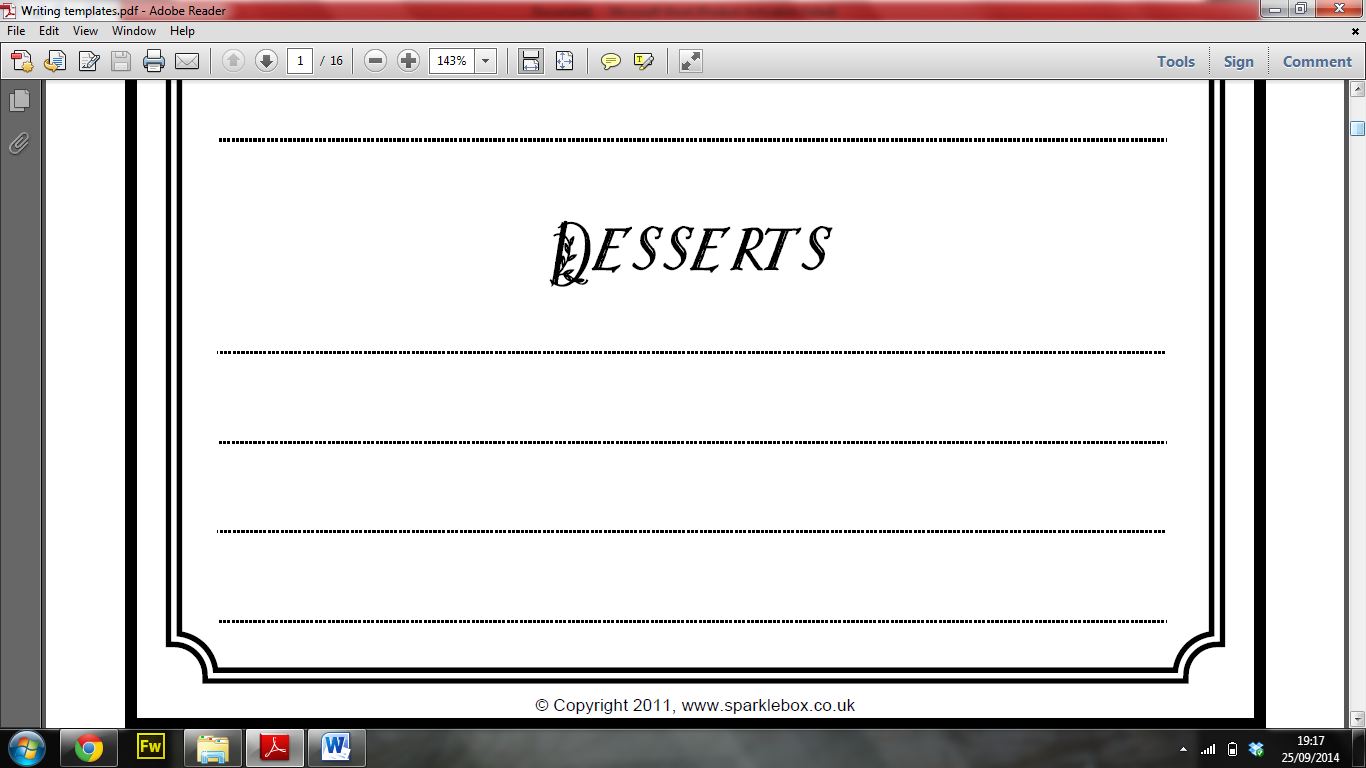


Carrot and Coriander Soup





Roast chicken, Boiled potatoes served with salad 



Banana and low fat custard  
