Eggs

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18 Breakfast frittata 5 2 1 20 Scrambled eggs & spinach on rye 7 3 3 22 Potato & bacon tortilla 7 5 2 24 Eggs Benedict 6 4 4 26 Baked French toast 10 8 8 Lunch	14	Bacon, egg & sausage burger	11	9	9		
20Scrambled eggs & spinach on rye73322Potato & bacon tortilla75224Eggs Benedict64426Baked French toast1088Lunch28Boiled eggs with lentil tabbouleh94430Prawn pad Thai omelette127732Butternut squash fritters87734Egg salad open sandwiches6446Green goodness soup86636Recipe with Cook's tip - serve with crusty bread roll13111138Mexican-style crustless quiche32240Spinach & egg pie75542Niçoise salad52244Salmon & egg slice30046Quiche Lorraine966	16	Veggie hash with poached eggs	6	4	0		
22Potato & bacon tortilla75224Eggs Benedict64426Baked French toast1088Lunch28Boiled eggs with lentil tabbouleh94430Prawn pad Thai omelette127732Butternut squash fritters87734Egg salad open sandwiches644Green goodness soup86636Recipe with Cook's tip - serve with crusty bread roll13111138Mexican-style crustless quiche32240Spinach & egg pie75542Niçoise salad52244Salmon & egg slice30046Quiche Lorraine966	18	Breakfast frittata	5	2	1		
24Eggs Benedict64426Baked French toast1088Lunch94430Prawn pad Thai omelette127732Butternut squash fritters87734Egg salad open sandwiches644Green goodness soup86636Recipe with Cook's tip - serve with crusty bread roll13111138Mexican-style crustless quiche32240Spinach & egg pie75542Niçoise salad52244Salmon & egg slice30046Quiche Lorraine966	20	Scrambled eggs & spinach on rye	7	3	3		
26Baked French toast1088Lunch	22	Potato & bacon tortilla	7	5	2		
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28Boiled eggs with lentil tabbouleh94430Prawn pad Thai omelette127732Butternut squash fritters87734Egg salad open sandwiches644Green goodness soup86636Recipe with Cook's tip - serve with crusty bread roll13111138Mexican-style crustless quiche32240Spinach & egg pie75542Niçoise salad52244Salmon & egg slice30046Quiche Lorraine966	26	Baked French toast	10	8	8		
30Prawn pad Thai omelette12732Butternut squash fritters87734Egg salad open sandwiches644Green goodness soup86636Recipe with Cook's tip - serve with crusty bread roll13111138Mexican-style crustless quiche32240Spinach & egg pie75542Niçoise salad52244Salmon & egg slice30046Quiche Lorraine966	Lunch						
32Butternut squash fritters87734Egg salad open sandwiches644Green goodness soup86636Recipe with Cook's tip - serve with crusty bread roll13111138Mexican-style crustless quiche32240Spinach & egg pie75542Niçoise salad52244Salmon & egg slice30046Quiche Lorraine966	28	Boiled eggs with lentil tabbouleh	9	4	4		
34Egg salad open sandwiches644Green goodness soup86636Recipe with Cook's tip - serve with crusty bread roll13111138Mexican-style crustless quiche32240Spinach & egg pie75542Niçoise salad52244Salmon & egg slice30046Quiche Lorraine966	30	Prawn pad Thai omelette	12	7	7		
Green goodness soup86636Recipe with Cook's tip - serve with crusty bread roll13111138Mexican-style crustless quiche32240Spinach & egg pie75542Niçoise salad52244Salmon & egg slice30046Quiche Lorraine966	32	Butternut squash fritters	8	7	7		
36Recipe with Cook's tip - serve with crusty bread roll13111138Mexican-style crustless quiche32240Spinach & egg pie75542Niçoise salad52244Salmon & egg slice30046Quiche Lorraine966	34	Egg salad open sandwiches	6	4	4		
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42Niçoise salad52244Salmon & egg slice3046Quiche Lorraine966	38	Mexican-style crustless quiche	3	2	2		
44Salmon & egg slice3046Quiche Lorraine96	40	Spinach & egg pie	7	5	5		
46 Quiche Lorraine966	42	Niçoise salad	5	2	2		
	44	Salmon & egg slice	3	0	0		
48 Salmon kedgeree 14 6 6	46	Quiche Lorraine	9	6	6		
	48	Salmon kedgeree	14	6	6		





Page Recipe

Di	nner				
50	Asian spiced broth with pork balls	6	4	4	
52	Speedy spaghetti carbonara	15	15	15	
54	Florentine pizza	14	11	11	
56	Chorizo & tomato pasta	11	9	9	
	Gammon & egg pie	13	12	8	
58	Recipe with Cook's tip – swap potato mash for celeriac or cauliflower mash	10	8	8	
	Chicken & shiitake egg drop soup	6	2	2	
60	Recipe with Cook's tip – swap chicken stock for vegetable stock & chicken breast fillets for cubed tofu	6	2	2	
62	Chicken & egg fried rice	10	7	2	
64	Spelt pasta with squash & egg	10	8	3	
	Egg & lentil curry	8	5	5	
66	Recipe with Cook's tip – add fat free natural yogurt with mint	9	5	5	
Sweets & snacks					
68	Turkey Scotch eggs	5	2	2	
70	Hash brown, sausage & egg cups	4	2	1	
72	3-Ingredient pancakes	7	5	5	
74	Custard tarts	6	5	5	
76	Dark chocolate-orange mousse	6	5	5	
78	Zingy lemon meringue tart	9	8	8	