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Cottage pie



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Red lentil soup



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Chilli con carne



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Peanut butter on wholemeal toast



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Hummus with wholemeal pitta



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Tofu couscous



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Butter bean salad



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Green lentil stew



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Pumpkin seeds on porridge



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Baked beans on wholemeal toast



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Fish pie



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Egg salad



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Jollof rice with chicken



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Tuna sandwich



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Hake, potatoes and vegetables



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Vegetarian spaghetti bolognese



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Yellow split pea daal with chapati



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Cashew nut stir-fry