

FOOD

FISH AND SEAFOOD

- | | |
|---------------------------------|----------------------------------|
| ☐ Crab | ☐ Mussels |
| ☐ Prawns | ☐ Salmon |
| ☐ Squid | ☐ Tuna |



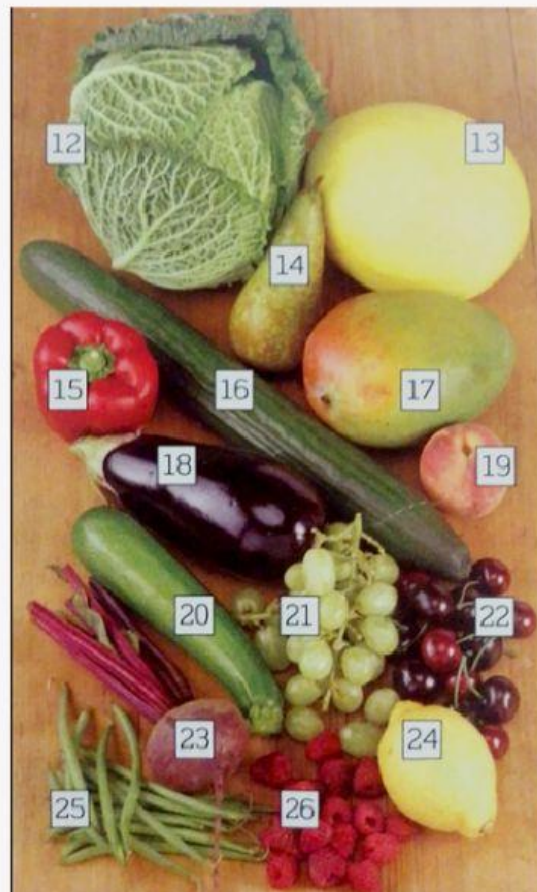
MEAT

- | | |
|-------------------------------|----------------------------------|
| ☐ Beef | ☐ Chicken |
| ☐ Duck | ☐ Lamb |
| ☐ Pork | |



FISH AND SEAFOOD

- | | |
|---|--------------------------------------|
| ☐ Aubergine (eggplant) | ☐ Beetroot |
| ☐ Cabbage | ☐ Cherries |
| ☐ Courgette (zucchini) | ☐ Cucumber |
| ☐ Grapes | ☐ Green beans |
| ☐ Lemon | ☐ Mango |
| ☐ Melon | ☐ Peach |
| ☐ Raspberries | ☐ Red pepper |
| ☐ Pear | |



COOKING

-  **Boiled**
-  **Grilled**
-  **Roast**
-  **Fried**
-  **Baked**
-  **Steamed**

