

## *Sample Lunch Menus*

Chicken and lime salad

Curried rice with shrimp

Marinated red cabbage with Roquefort cheese

Spinach leaves with yogurt and garlic dressing

Pear Frangipane' tart

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Grilled tuna steaks with lemon olive oil

Provencal style puff pastry pie

Cucumber salad with mint

Cherry tomatoes and basil

Garlic and rosemary roasted new potatoes