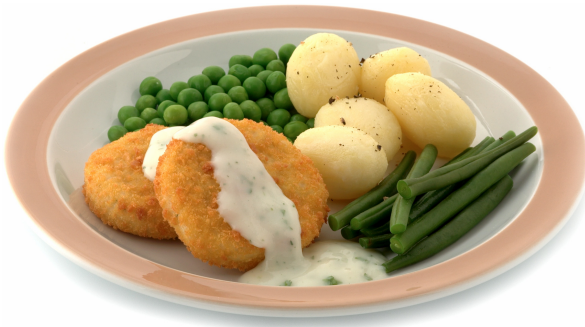


## Meal ideas with oily fish



salmon fish cake with beans  
peas and new potatoes



salmon fish pie with  
carrots and broccoli



BBQ sardine with lemon,  
salad and wholemeal bread



grilled trout and vegetables

With thanks to NHS Estates 'Better Hospital Food' for the use of their photographs

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