

## BAKED POTATOES



*The simple baked potato is a source of carbohydrate as well as dietary fibre and can act as a foundation for many different food combinations for either lunch or an evening meal.*



Baked potato with hot roast salmon, and a tomato, rocket, radishes and orange salad.



Baked potato with baked beans, little gem lettuce and gherkins.



Baked potato with chilli con carne, coleslaw, tomatoes and lettuce.

## BAKED POTATOES



Baked potato with prawn mayonnaise and a warm salad of peppers, mushrooms and fennel on lettuce.



Baked potato and grated cheese, with cold chicken, coleslaw and tomato.



Baked potato with stir fry of rocket, apple, celery and blue cheese.



Baked potato with baked beans, gravadlax, and spinach and tomato salad.