

WORTH VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

Haworth & Stanbury Edition
January 2007



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photo by Simon Warner

WELCOME to the Worth Valley Mag and the third issue of your free, monthly magazine & business directory. We are in two minds about the month of January. On the one hand, it is the month for a fresh start; new beginnings, a determined resolve...one gives up smoking, joins a gym, takes a night class. On the other hand it is a "duvet" month; with light and warmth being short in supply, we feel like lighting the fire, grabbing a magazine, and hiding under the duvet! Whichever way you choose to approach the new year, we think you will find something of interest in the following pages and we welcome your feedback and comments.

We wish you a happy and healthy 2007.
Liz Barker & Karen Davidson

CONTACT US:

Karen Davidson, Elizabeth Barker
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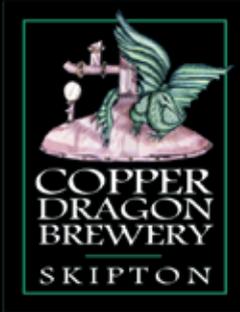
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WINED & DINED

BY CLAIRE SMITH

I remember sitting with my grandmother one dull January morning listening as she lamented

the passing of Christmas, the return to dreary normality and the appalling weather. Suddenly her mood lifted and a satisfied smile spread itself across her face, "the only good thing ever to have happened in January", she stated proudly, "was that I was born" and she launched into a dialogue of shamelessly boastful self-appraisal. She was quite a character my grandmother, at times difficult, obviously immodest, but feisty, intelligent and a wonderful cook. I recall cosy, winter afternoons at Grandma's eating scotch pancakes hot from the griddle and dripping with butter, ancient rotund saucepans nurturing soups and stews infused with herbs; jars of home-made jams and curds and trays of gingernuts which were crisp on the outside and delightfully chewy in the middle; wintertime wonders and traditions perpetuated by my grandmother and my mother after her (who inherited all her skill in the kitchen without the difficult behaviour). Infusions of orange rind, rose hip and cinnamon with a little honey for added sweetness, to encourage loving and harmonious energies; allspice, lemon-grass, aniseed, lemon, eyebright and

thyme to bring luck and opportunity and peppermint, spearmint and garden mint to draw wealth and abundance. Magical foods for magical beginnings. Instead of perceiving the sleeping earth as a Hadean wilderness, why not utilise the stillness which comes after Christmas to restore balance and harmony to your life? Our bodies hold within the same secret magic as the seeds resting beneath the earth; this time of new beginnings is a time to nourish both body and soul so that a deep inner transformation can take place. Accept the time of year and make the most of it; enjoy the period of waiting that wintertime brings. Go out for a walk, feel the biting wind on your cheek and through your hair, the rosy glow you experience upon return; these are small but real pleasures. Returning to the aroma of a meal which has been marinated in wine or balsamic and herbs for days before cooking will soothe the most jaded of souls. This is the way to make real magic, and the effort invested is definitely worthwhile. But if this sounds too much, try returning home to a mug of hot chocolate accompanied by spiced fruit teacakes, crisply toasted and liberally buttered (if you cannot find the spiced variety make your own by adding cinnamon sugar) or toasted crumpets with pear and chocolate spread, and luxuriate in the warmth of wintertime.

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HEALTH & WELLBEING

BY CAROLYN RICHARDSON

Most of us average Joe's and Josephine's crave to look younger and healthier. This results in the beauty industry making a lot of money out of our

insecurities. No one has yet come up with the elixir of youth or a magic pill that gets rid of wrinkles. However, before you start booking for Botox injections or looking for the best surgeon to give you a facelift, here are some simple life changing steps that you can follow to promote all of the above.

Always, winter or summer, wear a moisturiser on your face with a minimum of factor 15. Preferably higher in the summer months. The most damage to the skin is caused by overexposure to the sun. Often this may not be noticeable until years later when the damage may be irreversible. However, it's never too late to take measures to prevent any further damage.

Drink water, then drink some more. Water is nature's own magic potion as it acts as a purifier in the body. The more water you drink, the fresher and firmer your skin will be. It's recommended that you drink 2 litres of water every day.

Stop smoking. As well as all the health related risks smoking brings, it also results in premature skin aging... smoking encourages the carbon monoxide levels in the blood to increase. This promotes the formation of age inducing free radicals resulting in wrinkles and sallow unhealthy looking skin.

Cut back on the caffeine. Too much caffeine works as a diuretic which will

result in the skin becoming dry and dehydrated. If you replace your morning coffee with tea you'll half the amount of caffeine you're consuming straight away. Better still replace the tea and coffee you drink during the day with glasses of water and you are really doing your skin a favour. **Cut back on alcohol.** Alcohol causes the skin to dehydrate resulting in older looking skin.

Get plenty of sleep. Sleep is nature's way of renewing the skin and restoring some of the stressful effects of day to day living. Try to aim for at least 7 hours of sleep every night.

Eat plenty of fibre. Fibre helps the body get rid of waste which results in a brighter, clearer complexion. Also fibre rich foods increase the feeling of fullness which in return encourages you to eat less. And most importantly of all, a diet high in fibre greatly reduces the risk of colon cancer, and can help prevent diabetes. Fibre rich foods include: wholemeal bread, porridge, and other whole grains, vegetables and pulses including baked beans.

Finally make sure you **eat a diet rich in Fruit and vegetables.** This can be one of the most potent ways of improving your health and preventing disease. Daily recommendations are to eat up to 7 portions a day.

Top tip: make your own soups and stews which can be made in bulk and frozen. My favourite is chicken and vegetable soup made from simmering a left over chicken carcass and adding lots of vegetables, some pulses and a stock cube and cooking for a further hour. It's really very tasty and very nutritious.

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GARDENER'S TIPS

BY MIKE CUNNINGHAM

Every month Mike Cunningham will be sharing his expertise on gardening and plant care. Mike is the Chair of

Keighley in Bloom and helps organise the annual Keighley Horticultural Show on Keighley Show day. Mike is a national Dahlia judge. He has had a successful 2006, winning several first prizes and a handful of silver and bronze medals at both local and national shows.

JOBS OF THE MONTH - JANUARY

January is usually considered to be the month for plants in the greenhouse. Yet outside, snowdrops are beginning to show and the autumn shrubs such as Viburnum and Jasmine are still in mid-winter flower.

Bulbs:

Start to bring potted and covered narcissi and hyacinths indoors to slowly warm up.

Fruit:

Weather permitting plant new fruit trees and bushes. Prune existing stock.

House Plants:

Don't over water those Christmas gifts, but avoid dry atmosphere and give them light.

Lawns:

Trim and repair edges, etc. An early first cut may be feasible, but remember to lift cutting blades to their highest setting.

Roses:

You can plant new roses if the soil is dry or moist, but not if it's wet and heavy or if there's frost or a covering of snow.

Patios and Town Gardens:

Move container pots to a sheltered position or protect with fleece. Remove moss etc. from stonework and flags, (I use a power spray, they can be hired for less than £10 per day).

Miscellaneous:

Order flower and vegetable seeds, gladioli and onion sets. Get mowers and garden equipment serviced now; don't wait until spring or you'll be in a long queue. Wash/disinfect (mild solution Jeyes fluid) greenhouse glass, plastic pots/trays. Check and repair wooden structures if necessary.

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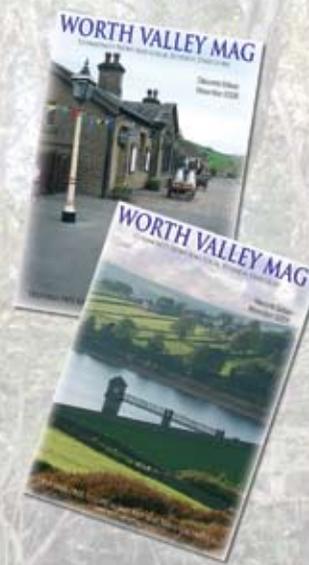
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Who's Who on the Street ?

You may have heard the terms 'Emo' and 'Chav' before, but do you really know what they mean? I felt that the lack of awareness had gone too far when my mother referred to an 'Emo' as an 'emu'! So study up, and you'll really impress your kids and grandchildren when you next walk down the high street.

CHAV

First, there's the 'Chav', a common term describing a style of music, fashion and teen behaviour. Chavs can also be known as Scallies, NEDs (Non-educated-delinquents), Townies, Mal-lies and Burbs. The stereotypical Chav would have a Burberry cap, 'bling' (often large, gold jewellery), tracksuit bottoms (often tucked into their socks), white branded trainers and other branded sportswear. 'Chavy' music is club dance, electronic and DJ mixes.

With all that sportswear on, you'd have thought that Chavs take part in a lot of sports, but think again. The tracksuits and trainers are more of a fashion statement than practical clothing. Instead, Chavs are generally found hanging around on the streets, often loud and rowdy and sometimes up for causing trouble.

EMO

'Emo' is another commonly used term describing a way of dressing, a style of music and behaviour. There are different ideas about its origins. Many think that it simply stands for 'emotional' whereas others believe it comes from the styles of music known as 'emotive-hardcore' or 'Emo-core'.

Emos have a definite style of their own - often dyed black hair (in either side swept fringe or straight bar fringe), skinny jeans (mostly black but sometimes bright crazy patterns), studded belt, lots of stripes or polka-dots, band t-shirts and thick black horn-rimmed glasses.

'Emo-hardcore' is the type of music from which the Emo style was built, some of it more tame but some basically 'hardcore screaming'.

Emos are usually portrayed as depressed, self-hating and unhappy.

They are usually at a computer, on the phone, hanging around or at a gig of some sort. The Corn-Exchange in Leeds has become a meeting place for Emos from the surrounding areas at the weekend.

'GOTH

This is a term that has been frequently used for the past 30 years. Goths also have a certain style of music, fashion and behaviour associated with dark, heavy music and unusual clothing. Lots of people could probably point out a Goth, but just in case, here is an explanation...

Goths are usually into metal, rock and alternative styles of music. They also have a unique appearance. Their clothes are often black and very expressive - Goth boots, corsets and baggy jeans. Goths usually have a lot of piercing on their face and body. The



best way to explain what a Goth looks like is to show you one, so I found a picture of a stereotypical Goth.

MOSHER

'Moshers' is a fairly new term. It comes from a style of dancing (or 'moshing') which basically involves throwing yourself and others around with 'head-banging' and 'body-slamming' combined into a form of dancing. That is if you class 360° kicks and crowd surfing as dancing...!

Moshers are into a similar style of music as Goths, Punks and Emos and are generally happy with any music with a thick baseline and heavy drums.

The Moshers fashion style generally includes band t-shirts, baggy jeans and hoodies, and they are often mistaken for Punks, Emos or Goths. They like nothing better than going out to a gig, getting drunk and throwing themselves into people and objects. They love the sort of loud music they

can 'head-bang' to and love dancing with their friends.

There are loads of different stereotypes, but these descriptions are the extremes of each category. Just because somebody likes the 'Emo' fashion style, it doesn't mean they are depressed; and if somebody wears Burberry, it doesn't necessarily mean they are a 'Chav'. Also, people don't always fit into only one category. For example, someone who liked the Gothic fashion and music but also liked to 'mosh' would therefore be a 'Moth'! You must also remember that teenagers don't always like being 'classified', so just make sure that as you're walking down the street past a Chav you don't say very loudly to your teenage son or daughter 'Is that a Chav then?' Finally, I would like to leave you with a website that could be very useful:

www.urbandictionary.com . Good luck!
Lauren, age 13

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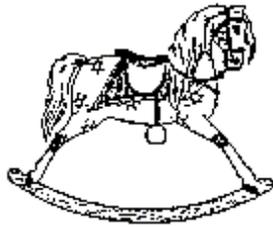
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RESTAURANT REVIEW



I'll be honest – I went to Alfe's with a certain air of

scepticism. Was it the traditionally British name, which seemed inappropriate for an exclusive Thai and Chinese restaurant that I found confusing? I didn't know what to expect. I love Thai food and I like to think that I know the authentic thing from gimmicky impostors.

From the minute we walked into the restaurant I was

impressed. The minimalist, sleek, attractive interior; the chilled atmosphere; the enticing smell of Oriental spices; the personal

welcome from Al, the owner. All this combined to raise my expectation of a quality night out.

Alfe's is beautifully designed. The attention to detail is stunning. Small halogen lights inset into a black section of the ceiling spell out the name 'Alfe's'. A thoughtful arrangement of tables allows you to feel your privacy isn't compromised and original artwork for sale on the walls provides interest and class. Mosaic tiled alcoves showcase tasteful vases and ornaments. The table place settings are skilfully laid and help create the overall impression of quality.

With everything so far feeling so right I was convinced that the food would also be excellent – and I wasn't wrong. My friend

chose a dish from the 'a la carte' menu which came beautifully presented and I opted for the 'all you can eat' buffet for £8.

I started with the soup, delicate and full of flavour, with shredded chicken and vegetables and also managed to sample the sesame prawn toast, satay chicken on skewers, spare ribs and deep fried wafer wrapped chicken - all absolutely superb.

The main dishes were just as good. The Mushroom Thai Curry was the highlight of

my evening (I hope my friends keep it a secret how many helpings I went back for!) I loved the beef with green peppers in black bean sauce and also the Thai sweet and sour chicken. The beef noodles in hot Thai sauce were really something else and the yellow rice was perfect.

There was ample choice and all the dishes I had really were exceptional. Nothing was bland or predictable, as can sometimes be a downfall with Chinese food; each dish had a distinct, individual flavour. I finished off with ice-cream and washed it all down with a rather nice wine.

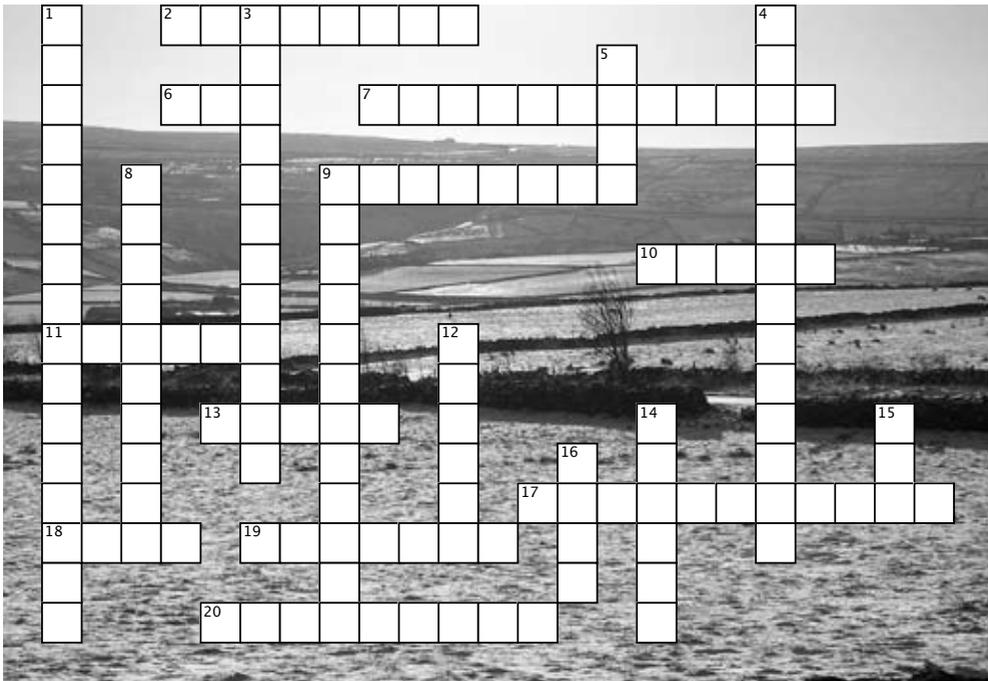
I am certainly looking forward to my next visit to Alfe's. I've long since forgotten my preconceptions about the name - this restaurant is as authentic as they come. It's stylish surroundings, relaxed atmosphere and first class food make for a really special night out.

Alfe's can be found at 59 Church Street, Keighley. Tel 01535 613888



Say you saw it in the Worth Valley Mag!

Worth Valley Mag Crossword
A local New Year crossword for local people



Across

2. Home of Pack Horse Bridge
6. Weasel sound
7. Famous Bradfordian exiled in L.A (5,7)
9. Charlotte's Best Seller (4,4)
10. Cuban export
11. Childrens Museum in Halifax
13. Khazakstani Super Star
17. TV Chef on health crusade (6,6)
18. Made in Sweden
19. Rhymes with Silsden
20. Stan Laurel's Birth Place

Down

1. Britains Last Hangman (6,10)
3. Skipton Ale (6,6)
4. Local goth rock legends (8,6)
5. Malham's rock!
8. Celebrated in Ilkley every year
9. Fixer from Leeds (5,7)
12. Witches over the border
14. Dracula's last resort
15. Rita, Who? and Bob Too...
16. Yorkshire for lake

		8		4		3
9						6 1
		3				
		4		7	5	
		3	7	5	6	
	5	9		6		
				3		
5	4					9
6			8		5	

SUDOKU

Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.

If you use logic you can solve the puzzle without guesswork.

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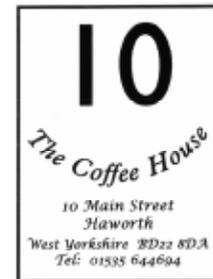
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- Plastering
- Tiling
- Joinery
- Flooring
- Patios
- Block paving

"Changing spaces into places"



January is here so why not cosy up in front of the fire at No 10 and enjoy freshly ground coffee and cakes with us? Also on offer are a wide range of speciality teas, our wonderful Italian hot chocolate and our fine hand-made chocolates with which to celebrate the warmth of wintertime.

January opening hours: Friday, Saturday and Sunday from 12.30 until 6.00pm



COMMUNITY PAGES

Worth A Closer Look: Sun. December 31st

The Christmas Vintage Tractor Run
20 mile run around the Worth Valley with tractors, wagons and classic cars all on display. Starting point is outside Colin Appleyard Garage on Halifax Rd at 9:30 am and finishes up at the Bronte Hotel in Haworth with a pub lunch.



Mon. Jan 1, 07 New Year's Day Walk, Hardcastle Craggs... Clear the cobwebs and enjoy the Craggs in all their glory. Booking is essential tel: 01422 844518. Bring packed lunch.

Hardcastle Craggs, Hebden Bridge West Yorkshire HX7 7AP

Keighley & Worth Valley Railway Mince Pie Specials 1-2 January 2007
No need to book, contact KWVR tel. 01535 645214 For more details visit the KWVR website www.kwvr.co.uk

Monday Jan 8th

Start the New Year on a Green note...**Recycle your Christmas Tree!**...Bradford Council and Haworth Traders have organized a collection point...so if you have had a real christmas tree this year, bring it to the Quarry Car Park on Monday 8th January (for one day only) You will find a container at the very top of the car park. The trees will be chipped into mulch and re-used in local parks.



FREE Listing for any non-profit making community based activities

COMMUNITY NOTICES

Manorlands Hospice Winter Draw 18th January

Proudly Supported by Bradford and Bingley.
First prize - £1000 Cash; 2nd prize - £200 of Marks and Spencer Vouchers. Plus many other super prizes.

For tickets ring Matthew on 01535 640441

Monday Jan 22nd From 7pm Alfe's Restaurant will be sponsoring a charity fundraising event at the restaurant on Church Street in Keighley. Chase away the winter blues and enjoy a night out with your friends in aid of Manorlands, Sue Ryder Hospice in Oxenhope. Excellent Buffet meal, Raffle, Auction, and more surprises on the night. Booking is essential; phone Alfe's on 01535 613888. £7.50

Oakworth Methodist Sunday School presents another hilarious pantomime adventure; **Sinbad the Sailor - Feb 10th-17th**

7pm evening shows: 10; 13; 14; 16; 17 Feb and 2pm Saturday matinees: 10; 17 Feb. Tickets available in Jan from Oakworth Post Office; Janet Armstrong 01535 642625 or book online at www.oakworthmethodistchurch.org. Adults £5, Senior Citizens £4, Children £3 inc refreshments.

Sat 24th Feb 7.30pm Charity Ball in aid of Breakthrough Breastcancer, Craiglands Hotel, Ilkley. For details tel. Rebecca Lobley 07841 669399 or email becca.lobley@talk21.com

NEW MEMBERS WANTED! Oakworth Village Morris Men.

Keep fit, keep active, keep a tradition alive. Interested men learn to Morris Dance; age 18-80! Meet Mon evenings Oakworth Methodist Church. For details call 01535 644635/01484 650532

The Community Pages
are generously
sponsored by
Wydean Weaving
Company Ltd., Haworth

Fifties Lad

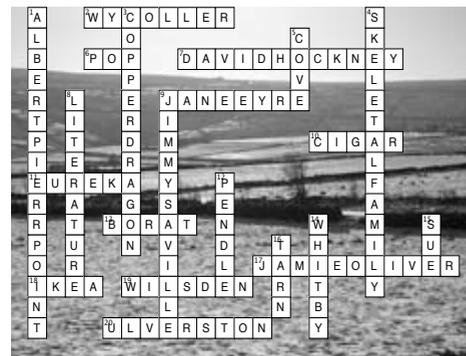
Chimneys, coalmen, urchin kids,
Cobbles, pobbles, dustbin lids,
Gas lamps, hen runs, rubbing boards,
Treacle, Eagle, window cords,
Gas-tar, snowballs, gabardine,
Mangles, Spangles, Ovaltine,
Blackpool, deckchairs, donkey rides,
Trolleys, brolleys, making slides,
Players, Woodbines, strawb'ry splits,
Jam jars, Mars Bars, thrup'ny bits,
Omo, possums, dolly blue,
Enos, Venos, Beecham's too,
Jowett, Hillman, Humber Hawks,
Kayli, mayfly, tuning forks,
Turog, Titbits, the odd gumboil,
Kitkats, riraps, caster oil.
Oh! the joy and fun I had,
Growing up a fifties lad!

BY LUDORUM, Cross Roads

HAPPY NEW YEAR

PUZZLE ANSWERS

CROSSWORD



SUDOKU

1	6	8	9	5	4	2	7	3
3	9	5	2	7	8	4	6	1
2	7	4	3	6	1	9	8	5
8	1	6	4	3	9	7	5	2
4	2	3	7	8	5	6	1	9
7	5	9	1	2	6	8	3	4
9	8	7	5	4	3	1	2	6
5	4	2	6	1	7	3	9	8
6	3	1	8	9	2	5	4	7

USEFUL NUMBERS

Airedale General Hospital	01535 652511
NHS Direct	0845 46 47
Electricity Emergency	0800 37 56 75
Gas Emergency	0800 11 1999
Water Emergency	08451 24 24 24
National Rail Enquiries	08457 48 49 50
National Express	08705 80 80 80
Keighley & District Bus Enquiries	01535 603284
Bradford Council	01274 432111
Police 24 hr local helpdesk	01535 617059
RSPCA 24 hr advice line	08705 555 999

WEBSITE OF THE MONTH

Need to know how to fold a t-shirt in two seconds? Remove chewing gum from clothes? Make the perfect hot chocolate? Kiss someone passionately? Get out of a car without showing your knickers? Train your dog? Fix a puncture? Make a cup float in mid air... and hundreds of other useful aspects of life explained in helpful and entertaining videos? Covering relationships, health, lifestyle, work, finance, fun and much more, VideoJug is the complete visual guide to all aspects of human life. Whatever you want to know, VideoJug will probably have the answer. And it's free! Videos can be downloaded to mobile phones or i-pods and if you are an expert in anything you are encouraged to submit your own videos which are then rated by other users. Like all brilliant websites - it's simple, addictive and very useful!



Let's hope Ikea come up with something like this for putting their furniture together!
www.videojug.com

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 or visit www.bingleyantiques.com



FULL STEAM AHEAD!

“Never tell your resolution beforehand, or it's twice as onerous a duty.” [John Selden].

The worst day of the year to make resolutions is New Years Day. Chances are you'll wake up with some major roadworks in your head and a vague memory of trying to sing past the first line of Auld Lang Syne, whilst crossing arms with a load of people you'd normally cross over the road to avoid. You'll also wake up to the shock that - despite all your outstanding achievements in 2006 - you won't have been named in the Queen's New Years Honours list. You'll be devastated to realise that it will be ten years since Tony Blair became PM, twenty years since Kylie Minogue's first hit and thirty years since Saturday Night Fever. All of this combined with the realisation that you've still got half of that damn turkey to eat and you're due back at work in twenty four hours means that your will power will be low powered, your resolve has dissolved and your goals have been disallowed. If you want any more motivation there's a statistic that reckons less than 30% of New Year resolutions succeed!! The only resolution I make is to take advantage of my residents pass and enjoy a round trip on the Keighley & Worth Valley railway. We usually invite some "auld acquaintances" over to "tak a cup of kindness" on the steam train from Oakworth to Oxenhope via Keighley. It's great way to relax and catch up on things over mince pies and real ale whilst our

little 'uns gape out of the window or run amok. It's an experience that's difficult to match. The hypnotic click clack of wheel upon rail, the bellowing cry of the whistle as we plunge into the murky jaws of sinister tunnels, the heady aroma of coke fuelled steam, the nodding vista of hill and vale ...and trying to stand up in the toilet without urinating all over the floor.

The whole round trip takes about an hour and a half, by which time we're all well "steamed" and ready to tackle the mountainous walk back up Station Road. Then it's round to ours for plentiful supplies of that damn turkey, wine and chatter. Afterwards we'll sit in front of the fire for a communal viewing of that timeless classic "The Railway Children".

I'll laugh at the "warm" welcome the Waterbury family get from the locals in Oakworth. I'll shout out the names of all the different locations before anyone else. I'll wonder to myself if Doctor Forrest seems a little too lecherous with young Bobbie. I'll be amazed at how Sally Thomsett got away with playing an eleven year old when she was twenty! (I wanted to ask her, but her agent started talking about fees) I'll wonder whatever happened to little Gary Warren, argue whether Bernard Cribbins is dead or not (not!) and shortly before passing out, I'll get a lump in my throat the size of a melon when Jenny Agutter breathlessly delivers that line..."Daddy...My daddy" .. gulp! Then I'll resolve to ring in sick tomorrow....

For people resolving to quit smoking, The Off Cumden highly recommends Allen Carr's "Easy Way to Quit Smoking."

To advertise call Karen or Liz on 01535 642227

Photographs by Simon Warner



Say you saw it in the Worth Valley Mag!



BUSINESS DIRECTORY

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Hair Sharon at Eclipse p.6	Tuition Rosemary Pettitt/ piano lessons p.6
	Tyres Unique Tyres p.27

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CHINESE NEW YEAR

Celebrate the year of the Pig on
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*6 Course Banquet £19.95 per person

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Chicken & Sweetcorn or Hot & Sour Soup

Special Mixed Hors D'Oeuvre
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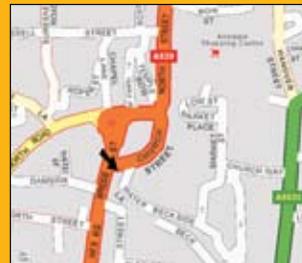
Crispy Aromatic Duck
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Main Course
Choose one of the following:
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Sizzling Fillet Steak Cantonese Style
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Chicken Thai Green Curry
Mixed Vegetables with Garlic Sauce
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Dessert
Choose one of the following:
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Lychees

Coffee & Mints or Tea & Biscuits
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