### Monday 1

**STARTERS**
- Carrot & parsnip soup
- Egg mayo on wholemeal
- Ham on white
- Cheese & tomato on soft brown

**LIGHTER DISHES**
- Roast turkey salad
- Ploughman's salad

**SANDWICHES**
- with cottage cheese & pineapple
- with beef chilli

**JACKET POTATOES**
- with cheese savoury
- with tuna

**MAIN DISHES**
- Beef & vegetable casserole
- Sweet & sour chicken & rice
- Garden veg pie

**ACCOMPANIMENTS**
- Cauliflower
- Garden peas
- Saute potatoes
- Creamed potatoes
- Gravy

**DESSERTS**
- Genoa cake
- Mandarin oranges
- Chocolate mousse
- Fresh fruit

**HALAL COMPLETE MEAL**
- Chicken curry & rice
- Aloo keema mutter & rice
- Vegetable curry & rice
- Lamb and potato curry & rice
- Chick pea daal & rice
- and Naan bread

---

### Tuesday 2

**STARTERS**
- Apple juice
- Orange juice
- Tropical juice

**LIGHTER DISHES**
- Tuna mayo on wholemeal
- Corned beef on white
- Egg salad on soft brown

**ACCOMPANIMENTS**
- Cabbage
- Carrot & swede mashed
- Boiled potatoes
- Creamed potatoes
- Gravy

**DESSERTS**
- Lemon sponge
- Custard
- Vanilla ice cream
- Fruit yoghurt
- Fresh fruit

**HALAL COMPLETE MEAL**
- Chicken curry & rice
- Aloo keema mutter & rice
- Vegetable curry & rice
- Lamb and potato curry & rice
- Chick pea daal & rice
- and Naan bread

---

**Patient Name:**

<table>
<thead>
<tr>
<th>Ward No:</th>
<th>Bed No:</th>
</tr>
</thead>
</table>

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**Please tick if you would like a smaller meal**

---

**Please tick if you require a bread roll**

---

**Please tick if you would like a smaller meal**
Breakfast will be served at ward level and will consist of a selection of fruit juices, cereals, breads and toast with preserves.

Understanding the menu
The menus have been designed to enable you to choose a balanced, nutritionally adequate diet while you are in hospital. The menu items are marked with symbols as follows:

♥ These items are the healthier choices. They are lower in fat, sugar and salt than the other options. These choices are ideal if you have diabetes, need to reduce your cholesterol level or wish to lose weight.

S These items are the softest choices and are suitable if you have difficulty chewing your food. They are NOT suitable if you require a pureed (texture grade C), Pre-mashed (texture grade D) or Fork Mashable (texture Grade E) diet for swallowing problems. Please ask a member of ward staff for a Dysphagia menu.

V These items are suitable for vegetarians. They may contain milk, eggs, and cheese and are generally not suitable if you follow a vegan diet.

How to order
A member of the ward team will ask you what you would like and make sure that this is ordered from the catering department.

Special Diets
If you need a therapeutic diet for medical reasons, please inform the ward staff who will liaise with the catering and dietetic department as appropriate.

The following separate menus are available on request:
• Gluten Free • No added salt • Low potassium and sodium (renal) • Allergy free • Low residue

Special diets are also available for religious and cultural reasons, as follows:
Halal prepared in strict halal conditions
Kosher prepared under the supervision of the Manchester and London Beth Din
Afro-Caribbean

Extra Calories
Are you trying to build yourself up and gain weight? Have you lost interest in food? Are you missing meals or only managing to eat small amounts? If so, choose foods high in calories from the menu. Look for hot meals which include meat, fish or cheese. Dishes with cream sauces or pastry dishes are high in calories too. For desserts choose the cakes, hot puddings served with custard or milk puddings.

Healthy eating may not be a priority for you at the moment so you do not need to order foods marked with a ♥

Hydration
Fresh chilled drinking water should be available to you throughout the day in addition to the fruit juices and hot drinks you receive with your meals. It is important to ensure you are adequately hydrated at all times as this can improve your wellbeing.

Condiments & Sauces
Salt, pepper, vinegar and sauces are available on the ward. Bread and Butter is also available.

Assisted Feeding
If you require assistance eating your meal please speak to a member of ward staff.

Protected Mealtimes
The Trust encourages a Protected Meal Time Service where most ward activities cease to enable staff to concentrate on food service and to giving assistance to patients where necessary.

Snack Boxes
These are available for patients who have missed a meal due to late admissions, being away from the ward for treatment or tests at meal times.

Clean hands policy
We encourage all patients to wash their hands before eating. Please ask a Member of ward staff if you require assistance.

Food brought in by visitors
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For your family & friends
Restaurants are available on all sites serving a selection of hot and cold meals, snacks and beverages.

Comments
We make every effort to provide a first class service which is to your satisfaction and welcome your comments.
Should you wish to talk to the Catering Manager please contact the catering office on the appropriate number below.

Royal Oldham - 0161 627 8273
Fairfield General - 0161 778 3609
North Manchester General - 0161 720 2186

www.patientmenus.co.uk
<table>
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<tr>
<th>Codes:</th>
<th>♥</th>
<th>Healthier choices</th>
<th>S</th>
<th>Softest options</th>
<th>V</th>
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- Please tick if you would like a smaller meal

### STARTERS

#### Lighter Dishes

- Sandwiches
  1. Tomato soup
  2. Egg mayo on wholemeal
  3. Ham on white
  4. Poached salmon & cucumber on white
- Salads
  5. Roast turkey salad
  6. Ploughman’s salad
  7. -
- Jacket Potatoes
  8. with coronation chicken
  9. with vegetable curry
  10. -
- Main Dishes
  11. Corned beef hash
  12. Roast chicken fillet
  13. Cheese & onion pie

### MAIN COURSES

#### Lighter Dishes

- Sandwiches
  1. Tomato soup
  2. Egg mayo on wholemeal
  3. Ham on white
  4. Poached salmon & cucumber on white
- Salads
  5. Roast turkey salad
  6. Ploughman’s salad
  7. -
- Jacket Potatoes
  8. with coronation chicken
  9. with vegetable curry
  10. -
- Main Dishes
  11. Corned beef hash
  12. Roast chicken fillet
  13. Cheese & onion pie

### ACCOMPANIMENTS

14. Broccoli
15. Garden peas
16. Chipped potatoes
17. Creamed potatoes
18. Gravy

### DESSERTS

19. Kit kat
20. Fruit cocktail
21. Vanilla ice cream
22. Fresh fruit
23. -

### HALAL complete meal

24. Chicken curry & rice
25. Aloo keema mutter & rice
26. Vegetable curry & rice
27. Lamb and potato curry & rice
28. Chick pea daal & rice
29. and Naan bread

---

Patient Name: 
Ward No: 
Bed No: 

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Ward No: 
Bed No:
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How to order
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Special Diets
If you need a therapeutic diet for medical reasons, please inform the ward staff who will liaise with the catering and dietetic department as appropriate.

The following separate menus are available on request:
- Gluten Free
- No added salt
- Low potassium and sodium (renal)
- Allergy free
- Low residue.

Special diets are also available for religious and cultural reasons, as follows:

- Halal prepared in strict halal conditions
- Kosher prepared under the supervision of the Manchester and London Beth Din
- Afro-Caribbean

Extra Calories
Are you trying to build yourself up and gain weight? Have you lost interest in food? Are you missing meals or only managing to eat small amounts? If so, choose foods high in calories from the menu. Look for hot meals which include meat, fish or cheese. Dishes with cream sauces or pastry dishes are high in calories too. For desserts choose the cakes, hot puddings served with custard or milk puddings.

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Hydration
Fresh chilled drinking water should be available to you throughout the day in addition to the fruit juices and hot drinks you receive with your meals. It is important to ensure you are adequately hydrated at all times as this can improve your wellbeing.

Condiments & Sauces
Salt, pepper, vinegar and sauces are available on the ward. Bread and Butter is also available.

Assisted Feeding
If you require assistance eating your meal please speak to a member of ward staff.

Protected Mealtimes
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Snack Boxes
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Comments
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Fairfield General - 0161 778 3609
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We hope that you will enjoy your meals during your stay with us. You will receive a high standard of catering offering a wide choice of good nutritious food for all your dietary needs.
**Supper Lunch**

### STARTERS
- **Lighter Dishes**
  - Mushroom soup
  - Egg mayo on wholemeal
  - Ham on white
  - Chicken & stuffing on white
- **Salads**
  - Roast turkey salad
  - Ploughman’s salad
- **Jacket Potatoes**
  - with chicken curry
  - with cheese & spring onion
- **Main Dishes**
  - Chicken casserole
  - Sausages in onion gravy
  - Quorn chilli & rice

### MAIN COURSES
- **Lighter Dishes**
  - Tuna mayo on wholemeal
  - Corned beef on white
  - Egg mayo & tomato on soft brown
- **Salads**
  - Roast ham salad
  - Grated cheese salad
  - with tuna & sweetcorn
  - with cheese & chives
- **Main Dishes**
  - Roast pork & apple sauce
  - Cottage pie
  - Vegetable lasagne

### ACCOMPANIMENTS
- Cauliflower
- Garden peas
- Boiled potatoes
- Creamed potatoes
- Gravy
- Shortbread
- Pineapple pieces
- Vanilla ice cream
- Fresh fruit
- Eves pudding
- Custard
- Vanilla ice cream
- Fruit yoghurt
- Fresh fruit

### DESSERTS
- Chicken curry & rice
- Aloo keema mutter & rice
- Vegetable curry & rice
- Lamb and potato curry & rice
- Chick pea daal & rice
- and Naan bread
- Chicken curry & rice
- Aloo keema mutter & rice
- Vegetable curry & rice
- Lamb and potato curry & rice
- Chick pea daal & rice
- and Naan bread

---

**Please tick if you would like a smaller meal**

**Please tick if you require a bread roll**
We hope that you will enjoy your meals during your stay with us. You will receive a high standard of catering offering a wide choice of good nutritious food for all your dietary needs.

Breakfast will be served at ward level and will consist of a selection of fruit juices, cereals, breads and toast with preserves.

Understanding the menu
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- Low residue

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- Kosher prepared under the supervision of the Manchester and London Beth Din
- Afro-Caribbean

Extra Calories
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Healthy eating may not be a priority for you at the moment so you do not need to order foods marked with a ♥

Hydration
Fresh chilled drinking water should be available to you throughout the day in addition to the fruit juices and hot drinks you receive with your meals. It is important to ensure you are adequately hydrated at all times as this can improve your wellbeing.

Condiments & Sauces
Salt, pepper, vinegar and sauces are available on the ward. Bread and Butter is also available.

Assisted Feeding
If you require assistance eating your meal please speak to a member of ward staff.

Protected Mealtimes
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www.patientmenus.co.uk
### STARTERS

- **Leek & potato soup**
- **Ham salad on white**
- **Beef & mustard mayo on soft brown**
- **Turkey on white**
- **Salmon & cucumber on soft brown**
- **Roast ham salad**
- **Grated cheese salad**
- **Assorted crisps**
- **Madeira cake**
- **Tinned peaches**
- **Vanilla ice cream**
- **Fresh fruit**

### MAIN COURSES

- **Lighter Dishes**
- **Meat Sandwiches**
- **Fish Sandwiches**
- **Vegetarian Sandwiches**
- **Salads**
- **Main Dishes**
- **Jacket Potatoes**

### ACCOMPANIMENTS

- **Assorted crisps**
- **Mushy peas**
- **Cabbage**
- **Chipped potatoes**
- **Creamed potatoes**
- **Gravy**

### DESSERTS

- **Sticky toffee pudding**
- **Custard**
- **Vanilla ice cream**
- **Fruit yoghurt**
- **Fresh fruit**

### HALAL complete meal

- **Chicken curry & rice**
- **Aloo keema mutter & rice**
- **Vegetable curry & rice**
- **Lamb and potato curry & rice**
- **Chick pea daal & rice**
- **and Naan bread**

---

**Patient Name:**

**Ward No:**

**Bed No:**
We hope that you will enjoy your meals during your stay with us. You will receive a high standard of catering offering a wide choice of good nutritious food for all your dietary needs.

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**Understanding the menu**
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- Allergy free
- Low residue

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- **Afro-Caribbean**

**Extra Calories**
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**Hydration**
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**Condiments & Sauces**
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**Assisted Feeding**
If you require assistance eating your meal please speak to a member of ward staff.

**Protected Mealtimes**
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**Snack Boxes**
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**Comments**
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**Royal Oldham**
Visit our Café Royal Restaurant & Café Repleat
Royal Oldham - 0161 627 8273

**Fairfield General**
Visit our Broad Oak Suite Restaurant & Café Repleat
Fairfield General - 0161 778 3609

**North Manchester General**
Visit our Gallery Restaurant & Café Repleat
North Manchester General - 0161 720 2186
<table>
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<tr>
<th>Codes:</th>
<th>♥ Healthy choices</th>
<th>S Softest options</th>
<th>V Suitable for vegetarians</th>
</tr>
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</table>

Please tick if you would like a smaller meal

1. Tomato & lentil soup  
2. Egg mayo on wholemeal  
3. Ham on white  
4. Beef & red onion on white  
5. Roast turkey salad  
6. Ploughman’s salad  
7. -  
8. with cheese savoury  
9. with baked beans  
10. -  
11. Lancashire hot pot  
12. Sweet chilli pork & rice  
13. Macaroni cheese  

Main Dishes
11. Lancashire hot pot  
12. Sweet chilli pork & rice  
13. Macaroni cheese  

Accompaniments
14. Side salad  
15. Beetroot  
16. Jacket wedges  
17. Creamed potatoes  
18. Gravy  

Desserts
19. Wagon wheel  
20. Mandarin oranges  
21. Strawberry mousse  
22. Fresh fruit  
23. -  

Halal complete meal
24. Chicken curry & rice  
25. Aloo keema mutter & rice  
26. Vegetable curry & rice  
27. Lamb and potato curry & rice  
28. Chick pea daal & rice  
29. and Naan bread  

Patient Name:  
Ward No:  
Bed No:  

Please tick if you would like a smaller meal

1. Apple juice  
2. Orange juice  
3. Tropical juice  

Main Dishes
4. Tuna mayo on wholemeal  
5. Corned beef on white  
6. Cream cheese & chives on soft brown bread  
7. Roast ham salad  
8. Grated cheese salad  
9. with cheese  
10. with tuna mayonnaise  
11. Cod loin in parsley sauce  
12. Beef lasagne  
13. Leek & potato bake  

Accompaniments
14. Side salad  
15. Peas  
16. Herby diced potatoes  
17. Creamed potatoes  
18. Gravy  

Desserts
19. Rice pudding  
20. -  
21. Vanilla ice cream  
22. Fruit yoghurt  
23. Fresh fruit  

Halal complete meal
24. Chicken curry & rice  
25. Aloo keema mutter & rice  
26. Vegetable curry & rice  
27. Lamb and potato curry & rice  
28. Chick pea daal & rice  
29. and Naan bread  

Patient Name:  
Ward No:  
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Please tick if you would like a smaller meal

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Accompaniments
14. Side salad  
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Desserts
19. Rice pudding  
20. -  
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Halal complete meal
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**Extra Calories**
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**Hydration**
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</table>

You will receive a high standard of catering offering a wide choice of good nutritious food for all your dietary needs.
<table>
<thead>
<tr>
<th>Codes:</th>
<th>Heart Healthier choices</th>
<th>S Softest options</th>
<th>V Suitable for vegetarians</th>
</tr>
</thead>
</table>

- Please tick if you would like a smaller meal

### STARTERS

#### Lighter Dishes

- Sandwiches
  - Tomato soup
  - Egg mayo on wholemeal
  - Ham on white
  - Sliced turkey on soft brown

- Salads
  - Roast turkey salad
  - Ploughman's salad

- Jacket Potatoes
  - With chicken curry
  - With beans & cheese

- Main Dishes
  - Lamb & barley casserole
  - Cheese burger on a bun
  - Italian tomato pasta bake

### MAIN COURSES

#### Lighter Dishes

- Sandwiches
  - Tuna mayo on wholemeal
  - Corned beef on white
  - Sliced egg on soft brown

- Salads
  - Roast ham salad
  - Grated cheese salad

- Jacket Potatoes
  - With tuna
  - With cottage cheese & diced peppers

### ACCOMPANIMENTS

- Cauliflower
- Side salad
- Chipped potatoes
- Creamed potatoes
- Gravy

### DESSERTS

#### Lighter Dishes

- Spiced pear sponge
- Custard
- Vanilla ice cream
- Fruit yoghurt
- Fresh fruit

### HALAL complete meal

- Chicken curry & rice
- Aloo keema mutter & rice
- Vegetable curry & rice
- Lamb and potato curry & rice
- Chick pea daal & rice
- and Naan bread
Breakfast will be served at ward level and will consist of a selection of fruit juices, cereals, breads and toast with preserves.

Understanding the menu
The menus have been designed to enable you to choose a balanced, nutritionally adequate diet while you are in hospital. The menu items are marked with symbols as follows:

♥ These items are the healthier choices. They are lower in fat, sugar and salt than the other options. These choices are ideal if you have diabetes, need to reduce your cholesterol level or wish to lose weight.

S These items are the softest choices and are suitable if you have difficulty chewing your food. They are NOT suitable if you require a pureed (texture grade C), Pre-mashed (texture grade D) or Fork Mashable (texture Grade E) diet for swallowing problems. Please ask a member of ward staff for a Dysphagia menu.

V These items are suitable for vegetarians. They may contain milk, eggs, and cheese and are generally not suitable if you follow a vegan diet.

How to order
A member of the ward team will ask you what you would like and make sure that this is ordered from the catering department.

Special Diets
If you need a therapeutic diet for medical reasons, please inform the ward staff who will liaise with the catering and dietetic department as appropriate.

The following separate menus are available on request:
• Gluten Free • No added salt • Low potassium and sodium (renal) • Allergy free • Low residue.

Special diets are also available for religious and cultural reasons, as follows:
Halal prepared in strict halal conditions
Kosher prepared under the supervision of the Manchester and London Beth Din
Afro-Caribbean

Extra Calories
Are you trying to build yourself up and gain weight? Have you lost interest in food? Are you missing meals or only managing to eat small amounts? If so, choose foods high in calories from the menu. Look for hot meals which include meat, fish or cheese. Dishes with cream sauces or pastry dishes are high in calories too. For desserts choose the cakes, hot puddings served with custard or milk puddings.

Healthy eating may not be a priority for you at the moment so you do not need to order foods marked with a ♥

Hydration
Fresh chilled drinking water should be available to you throughout the day in addition to the fruit juices and hot drinks you receive with your meals. It is important to ensure you are adequately hydrated at all times as this can improve your wellbeing.

Condiments & Sauces
Salt, pepper, vinegar and sauces are available on the ward. Bread and Butter is also available.

Assisted Feeding
If you require assistance eating your meal please speak to a member of ward staff.

Protected Mealtimes
The Trust encourages a Protected Meal Time Service where most ward activities cease to enable staff to concentrate on food service and to giving assistance to patients where necessary.

Snack Boxes
These are available for patients who have missed a meal due to late admissions, being away from the ward for treatment or tests at meal times.

Clean hands policy
We encourage all patients to wash their hands before eating. Please ask a Member of ward staff if you require assistance.

Food brought in by visitors
For health and safety reasons no food should be brought in by visitors unless by prior agreement with the Ward Sister. Where consent has been given, food cannot be kept in bedside lockers. Foods brought in should be eaten immediately, although may be dated with the patients name and kept in the ward kitchen fridge and discarded after 24 hours.

For your family & friends
Restaurants are available on all sites serving a selection of hot and cold meals, snacks and beverages.

Royal Oldham
Visit our Café Royal Restaurant & Café Repleat
Fairfield General
Visit our Broad Oak Suite Restaurant & Café Repleat
North Manchester General
Visit our Gallery Restaurant & Café Repleat

Comments
We make every effort to provide a first class service which is to your satisfaction and welcome your comments. Should you wish to talk to the Catering Manager please contact the catering office on the appropriate number below.

Royal Oldham - 0161 627 8273
Fairfield General - 0161 778 3609
North Manchester General - 0161 720 2186
The Pennine Acute Hospitals

**Supper**

Sunday 7

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**Starters**

- Thick vegetable soup
- Ham salad on white
- Beef & mustard mayo on soft brown
- Turkey on white
- Salmon & cucumber on soft brown

**Main Courses**

- Savoury cheese on soft brown
- Egg mayo on white
- Grilled ham salad

**Accompaniments**

- Assorted crisps
- Roast ham salad
- Grated cheese salad

**Desserts**

- Cake of the day
- Vanilla ice cream
- Yoghurt
- Fresh fruit

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**Lunch**

Monday 1

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**Starters**

- Apple juice
- Orange juice
- Tropical juice

**Main Courses**

- Tuna mayo on wholemeal
- Corned beef on white
- Cheddar cheese & onion on soft brown
- Roast ham salad
- Grated cheese salad

**Accompaniments**

- Broccoli
- Diced Carrots
- Roast potatoes
- Creamed potatoes
- Gravy

**Desserts**

- Chocolate sponge
- Custard
- Vanilla ice cream
- Fruit yoghurt
- Fresh fruit

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Patient Name:

Ward No:  
Bed No:
Menu

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