



Meat Seasonality Chart

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
Beef												
Lamb												
Pork												

Fish Seasonality Chart

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
Bass												
Cod												
Dover Sole												
Grey Mullet												
Haddock												
Hake												
Halibut												
Herring												
John Dory												
Lemon Sole												
Ling												
Mackerel												
Monk Fish												
Plaice												
Pollack												
Red Gurnard												
Red Mullet												
Sardine												
Skate												
Turbot												
Whiting												

Source: Seafish



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