**Sunday 24 May 2020**

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| 06:00 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC17-044+ |

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| 06:30 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC17-045+ |

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| 07:00 | **Flushed (R) ’CC’** A new game show for kids where knowledge meets strategy with hilarious, slimy fun. | **G** +FLSH-050+ |

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| 07:30 | **Flushed (R) ’CC’** A new game show for kids where knowledge meets strategy with hilarious, slimy fun. | **G** +FLSH-051+ |

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| 08:00 | **Beach Bites With Katie Lee: Doing The Island Hop** From St. Thomas to Mackinac Island, Michigan to Montauk, New York, Katie Lee is beach hopping to find the local take on the best treats these islands have to offer. | **PG** +BEBI01-001+ |

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| 08:30 | **Beach Bites With Katie Lee: Hometown Heroes** For Katie Lee, one of the most exciting parts of travelling beaches worldwide is finding regional specialities along the way.  | **PG** +BEBI01-002+ |

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| 09:00 | **Ridiculous Cakes: Doggonest Cake Ever Made (R)** Alton Brown narrates this sweet reality show in which talented cake designers are tasked with creating unique and unbelievable cakes for their clients. | **PG** +RICA01-008+ |

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| 09:30 | **Big Bad BBQ Brawl: BBQ Bricket Brawl** Shannon travels to Ft. Worth, Texas to challenge family BBQ dynasty Cousins Bar-B-Que in a smoked brisket showdown, learns the secret ingredient to Jack Perkins' award-winning brisket - espresso. | **PG** +BDBB01-001+ |

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| 10:00 | **Buddy vs. Duff: The Grand Finale (R)** For the finale, Buddy and Duff head to the Food Network Kitchen to create their most heartfelt and monumental creations yet - chocolate desserts to conceal engagement rings for two surprise proposals. | **PG** +BUDD01-006+ |

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| 11:00 | **Guy's Grocery Games: Sandwich Showdown (R)** Guy Fieri sends four talented chefs running through the aisles in a high-stakes, high skills, grocery store cooking competition. | **PG** +GUGG16-015+ |

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| 12:00 | **Kid's Baking Championships (R)** Eight bakers remain for the challenge of incorporating chilies, peppers and cayenne into their chocolate creations. | **G** +KBAC02-003+ |

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| 13:10 | **The Kitchen: Kids' Eats (R)** The Kitchen is celebrating kids, starting with Sunny Anderson's kid-friendly Easy Cheesy Bacon Salisbury Steak and a snack attack with special guest and Geoffrey Zakarian's wife, Margaret Zakarian. | **PG** +TKIT14-006+ |

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| 14:20 | **Chopped: Love Bites (R)** It's food to get you in the mood, with aphrodisiacs in all of the baskets! | **PG** +CHPD27-006+ |

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| 15:20 | **Restaurant: Impossible: His Way Or The Highway (R)** The Windsor 75 in Windsor, Conn., is just seven years old, but is filled with problems - including an outdated decor, five different menus and an overworked staff. | **PG** +RIMP07-003+ |

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| 16:20 | **Movie: The Magic Sword: Quest For Camelot (R) (1998)** An unlikely duo ventures forth with the blessing of Merlin the Magician to reclaim Excalibur, facing a comical two-headed dragon, an evil griffin and rescuing a damsel in distress along the way. Starring:BRONSON PINCHOT,GARY OLDMAN,ERIC IDLE,JESSALYN GILSIG,CARY ELWES,JANE SEYMOUR,PIERCE BROSNAN | **G** +WBFF02-079+ |

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| 18:00 | **The Simpsons: Skinner's Sense Of Snow (R) ’CC’** As Christmas approaches, a winter snowstorm traps Bart, Lisa and their fellow students inside Springfield Elementary, where Principal Skinner attempts to keep chaos from erupting. | **PG** +SIMP12-008+ |

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| 18:30 | **The Simpsons: Homr (R) ’CC’** Homer experiences a dramatic increase in intelligence when researchers remove a crayon lodged in his brain. | **PG** +SIMP12-009+ |

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| 19:00 | **The Simpsons: Pokey Mom (R) ’CC’** With Marge's help, an inmate with artistic ability is paroled from prison. But when the ex-con gets a job painting a mural at the elementary school, he clashes with Skinner. | **PG** +SIMP12-010+ |

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| 19:30 | **The Simpsons: Worst Episode Ever (R) ’CC’** When the Comic Book Guy suffers a heart attack, Bart and Milhouse take over his store. | **PG** +SIMP12-011+ |

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| 20:00 | **The Simpsons: Tennis The Menace (R) ’CC’** When the Simpsons construct a tennis court in the backyard, Bart pairs up with Marge and becomes a tennis whiz… much to Homer's disappointment. | **PG** +SIMP12-012+ |

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| 20:30 | **Ramsay's Kitchen Nightmares: Bonapartes - Revisited (R)** Gordon returns to Bonapartes, and discovers whether ambitious chef Tim has managed to maintain the same level of customers after his recommendations for improvement.  | **MA (L)**+RAKN01-008+ |

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| 21:30 | **Ramsay's Kitchen Nightmares USA: Chappy's (R)** John and Starr Champan's last restaurant was destroyed during Hurricane Katrina. Can Chef Ramsay help them find new success in Nashville? Starring:GORDON RAMSAY | **M (L)**+KNUS06-015+ |

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| 22:30 | **Ramsay's Hotel Hell: The Cambridge (R)** Gordon Ramsay checks into a haunted hotel. Starring:GORDON RAMSAY | **M (L)**+HELL01-001+ |

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| 23:30 | **Guy's Big Bite: Flowers for Mom** Cauliflower steaks with a panko breadcrumb topping, kalamata olive and red pepper tapenade, prosciutto-wrapped scallops and champagne cantaloupe granita. | **PG** +GUBB16-002+ |

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| 00:00 | **Big Bad BBQ Brawl: BBQ Bricket Brawl (R)** Shannon travels to Ft. Worth, Texas to challenge family BBQ dynasty Cousins Bar-B-Que in a smoked brisket showdown, learns the secret ingredient to Jack Perkins' award-winning brisket - espresso. | **PG** +BDBB01-001+ |

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| 00:30 | **Ridiculous Cakes: Doggonest Cake Ever Made (R)** Alton Brown narrates this sweet reality show in which talented cake designers are tasked with creating unique and unbelievable cakes for their clients. | **PG** +RICA01-008+ |

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| 01:00 | **Buddy vs. Duff: The Grand Finale (R)** For the finale, Buddy and Duff head to the Food Network Kitchen to create their most heartfelt and monumental creations yet - chocolate desserts to conceal engagement rings for two surprise proposals. | **PG** +BUDD01-006+ |

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| 02:00 | **Guy's Grocery Games: Sandwich Showdown (R)** Guy Fieri sends four talented chefs running through the aisles in a high-stakes, high skills, grocery store cooking competition. | **PG** +GUGG16-015+ |

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| 03:00 | **Kid's Baking Championships (R)** Eight bakers remain for the challenge of incorporating chilies, peppers and cayenne into their chocolate creations. | **G** +KBAC02-003+ |

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| 04:00 | **The Kitchen: Kids' Eats (R)** The Kitchen is celebrating kids, starting with Sunny Anderson's kid-friendly Easy Cheesy Bacon Salisbury Steak and a snack attack with special guest and Geoffrey Zakarian's wife, Margaret Zakarian. | **PG** +TKIT14-006+ |

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| 05:00 | **Chopped: Love Bites (R)** It's food to get you in the mood, with aphrodisiacs in all of the baskets! | **PG** +CHPD27-006+ |

 **Monday 25 May 2020**

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| 06:00 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC17-046+ |

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| 06:30 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC17-047+ |

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| 07:00 | **Taco Trip: Austin (R)** Aaron discovers Texas flavors stuffed in a taco, when he travels to Austin. | **PG** +TACO02-005+ |

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| 07:30 | **James Robison: Sheila Walsh With Stormie Omartian** Religious Program. | **PG** +JARO20-078+ |

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| 08:00 | **Ridiculous Cakes: All Fired Up (R)** Alton Brown narrates this sweet reality show in which talented cake designers are tasked with creating unique and unbelievable cakes for their clients. | **PG** +RICA01-009+ |

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| 08:30 | **Brunch @ Bobby's: Wake Up Brunch** Coffee-inspired brunch creations; scrambled eggs with sweet potato biscuits, ham steak and red-eye gravy and espresso chocolate chip banana bread. | **PG** +BRUB05-002+ |

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| 09:00 | **Cupcake Wars: The Young And The Restless (R)** Four cupcake makers face off to for the chance to be featured at an exclusive cast and crew party celebrating the 10,000th episode of the classic soap, The Young and the Restless. | **PG** +CUPW07-010+ |

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| 10:00 | **The Great Food Truck Race: Venice Beach Brawl (R)** Eight new teams of aspiring food truck owners to Santa Barbara, Calif., must define their brands and create a signature dish for an afternoon of sales. | **PG** +GFTR05-001+ |

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| 11:00 | **Cake Wars Christmas: The Nutcracker (R) (2016)** Teams will be challenged to show how Santa's elves get in shape. Then, the teams must give the Nutcracker a modern twist. | **PG** +CAKS01-004+ |

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| 12:00 | **Kid's Baking Championships (R)** The kid bakers must make three dozen macarons that form a five-inch stack. | **G** +KBAC02-004+ |

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| 13:00 | **The Kitchen: Summer Sendoff (R)** Geoffrey Zakarian starts off with his Grilled Lobster and Shrimp Tacos, then Marcela Valladolid and Jeff Mauro show different ways to make summer favorites last all year round.  | **PG** +TKIT14-007+ |

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| 14:00 | **Chopped: Cooking Caribbean (R)** Full of flavor and fun, Caribbean cuisine is the focus of this special Chopped competition! | **PG** +CHPD27-007+ |

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| 15:00 | **One Tree Hill (R)** Nathan experiences an emotional crisis and reverts to his former self as his marriage with Haley unravels. Karen continues to question Lucas' motives for moving in with Dan and Deb. | **PG (V,S,A,L)**+ONTH02-014+ |

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| 16:00 | **How I Met Your Mother: Garbage Island (R)** The Captain asks Ted to help find out who stole Zoey away from him. Then, Barney won't admit that he has a crush on Robin's friend. Starring:BOB ODENKIRK,CHARLENE AMOIA,DANIEL G. OBRIEN,JENNIFER MORRISON,NAZANIN BONIADI | **PG (S)**+HMYM6-017+ |

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| 16:30 | **The Simpsons: Pokey Mom (R) ’CC’** With Marge's help, an inmate with artistic ability is paroled from prison. But when the ex-con gets a job painting a mural at the elementary school, he clashes with Skinner. | **PG** +SIMP12-010+ |

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| 17:00 | **The Simpsons: Worst Episode Ever (R) ’CC’** When the Comic Book Guy suffers a heart attack, Bart and Milhouse take over his store. | **PG** +SIMP12-011+ |

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| 17:30 | **The Simpsons: Tennis The Menace (R) ’CC’** When the Simpsons construct a tennis court in the backyard, Bart pairs up with Marge and becomes a tennis whiz… much to Homer's disappointment. | **PG** +SIMP12-012+ |

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| 18:00 | **The Simpsons: Day Of The Jackanapes (R) ’CC’** Sideshow Bob wins release from prison and hypnotizes Bart to kill Krusty the Clown. | **PG** +SIMP12-013+ |

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| 18:30 | **The Simpsons: New Kids On The Bleech (R) ’CC’** After casting Bart and his friends as singers in an all-boy band, a crazed record producer launches an attack on the offices of MAD magazine. | **PG** +SIMP12-014+ |

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| 19:00 | **The Simpsons: Hungry, Hungry Homer (R) ’CC’** After casting Bart and his friends as singers in an all-boy band, a crazed record producer launches an attack on the offices of MAD magazine. | **PG** +SIMP12-015+ |

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| 19:30 | **The Simpsons: Bye, Bye, Nerdie (R) ’CC’** Lisa searches for answers when a new student at school bullies her; Homer starts his own baby-proofing business. | **PG** +SIMP12-016+ |

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| 20:00 | **The Simpsons: Simpsons Safari (R) ’CC’** The Simpsons journey through Africa, where they encounter jungle animals, tribesmen…and a chimp refuge owner with a secret. | **PG** +SIMP12-017+ |

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| 20:30 | **First Dates Australia (R) ’CC’** Anthony scores a second First Date. Will the luck of the Irish be on his side? And will it be destiny when a celebrity psychic medium meets an intuitive healer? | **PG** +FDAT01-007+ |

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| 21:30 | **Say Yes To The Dress: Atlanta: When The Leading Man Takes A Stand** The only opinion that matters to bride Kiara is her grandfathers, but she falls for a dress that is over budget; one bride struggles to find a dress that matches her vision along with her fiance's. | **PG (L)**+SYES08-013+ |

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| 22:00 | **Say Yes To The Dress: Atlanta: A Case Of Tunnel Vision** Bride Michelle has focused on helping her fiance recover from an accident and spent no time on her wedding; bride Ronesha thinks she has a very clear vision of her wedding dress. | **PG (L)**+SYES08-014+ |

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| 22:30 | **Bridezillas: Maria And Regina** Maria's fiance, Kyle, is reluctant to help as the day gets closer. Regina has trouble controlling her anger management issues. | **M (L,A)**+BRIZ08-009+ |

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| 23:30 | **Geordie Shore** With Ricci gone from the Geordie Shore house, the rest of the gang are determined to keep Vicky's spirits up and the boys decide that what better way than a walk on the wild side and camping. | **MA (L,S)**+GESH04-007+ |

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| 00:30 | **Are You The One?: Sorry Dad** Some of the women's exes show up to spill dirt; Kiki talks about her sex life with Devin; the ladies criticize the men for making selfish decisions. | **MA (L,S)**+AYTO03-008+ |

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| 01:30 | **Ridiculous Cakes: All Fired Up (R)** Alton Brown narrates this sweet reality show in which talented cake designers are tasked with creating unique and unbelievable cakes for their clients. | **PG** +RICA01-009+ |

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| 02:00 | **The Great Food Truck Race: Venice Beach Brawl (R)** Eight new teams of aspiring food truck owners to Santa Barbara, Calif., must define their brands and create a signature dish for an afternoon of sales. | **PG** +GFTR05-001+ |

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| 03:00 | **Kid's Baking Championships (R)** The kid bakers must make three dozen macarons that form a five-inch stack. | **G** +KBAC02-004+ |

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| 04:00 | **The Kitchen: Summer Sendoff (R)** Geoffrey Zakarian starts off with his Grilled Lobster and Shrimp Tacos, then Marcela Valladolid and Jeff Mauro show different ways to make summer favorites last all year round.  | **PG** +TKIT14-007+ |

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| 05:00 | **Chopped: Cooking Caribbean (R)** Full of flavor and fun, Caribbean cuisine is the focus of this special Chopped competition! | **PG** +CHPD27-007+ |

 **Tuesday 26 May 2020**

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| 06:00 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC17-048+ |

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| 06:30 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC17-049+ |

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| 07:00 | **Taco Trip: Atlanta (R)** A trip to Atlanta includes a restaurant that offers a fusion of Mexican and Southern cooking. | **PG** +TACO02-006+ |

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| 07:30 | **James Robison: All Things Work Together For Good** Religious Program. | **PG** +JARO20-079+ |

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| 08:00 | **Ridiculous Cakes: Fairy Cakes Can Come True (R)** Alton Brown narrates this sweet reality show in which talented cake designers are tasked with creating unique and unbelievable cakes for their clients. | **PG** +RICA01-010+ |

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| 08:30 | **Brunch @ Bobby's: Say Cheese** Meyer lemon ricotta crepes with candied almonds, frittata with thyme roasted potatoes, smoked mozzarella and tomato-basil pesto, cream cheese pancakes with cherries jubilee syrup. | **PG** +BRUB05-003+ |

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| 09:00 | **Cupcake Wars: Rock And Roll Cupcakes (R)** The bad boys of Cupcake Wars will return to the kitchen in true rock and roll fashion to compete for the chance to have their cupcakes at a party celebrating the I Heart Radio music festival. | **PG** +CUPW07-011+ |

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| 10:00 | **The Great Food Truck Race: Hot Doggin' It In Tucson (R)** Tyler greets the teams in Tucson, Ariz., where they must come up with a creative marketing campaign. They must put their twists on a local hot dog favorite, with the top sellers winning a bonus. | **PG** +GFTR05-002+ |

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| 11:00 | **Cake Wars Christmas: Santa's Workshop (R) (2016)** Teams need to help out Santa with a very important gift... the one for Mrs. Claus.  | **PG** +CAKS01-005+ |

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| 12:00 | **Kid's Baking Championships (R)** The six remaining kid bakers get creative as they invent lunch box desserts. | **G** +KBAC02-005+ |

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| 13:00 | **The Kitchen: Hot New Tricks (R)** The Kitchen shares the hottest new tips and tricks for summer cooking with Jeff Mauro's BBQ Beer Can Burger and Katie Lee's Gnocchi Pesto Pasta Salad. | **PG** +TKIT14-008+ |

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| 14:00 | **Chopped: Ready For Redemption (R)** Four former Chopped runners up are brave enough to return to the Chopped Kitchen, and in the appetizer basket, they find a shocker of a protein and some sweet jam. | **PG** +CHPD27-008+ |

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| 15:00 | **One Tree Hill (R)** During the creation of Tree Hill High's time capsule project, Anna and the members of the group confess their most intimate secrets to an anonymous video camera. | **PG (V,S,A,L)**+ONTH02-015+ |

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| 16:00 | **How I Met Your Mother: A Change Of Heart (R)** The gang gets mad at Barney when he lies to Nora and says he wants to get married and have a family to impress her, and Robin begins dating a guy who seems to possess several canine characteristics. Starring:DAVID HENRIE,LYNDSY FONSECA,JENNIFER MORRISON,ROBBIE AMELL,NAZANIN BONIADI | **PG (S)**+HMYM6-018+ |

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| 16:30 | **The Simpsons: Hungry, Hungry Homer (R) ’CC’** After casting Bart and his friends as singers in an all-boy band, a crazed record producer launches an attack on the offices of MAD magazine. | **PG** +SIMP12-015+ |

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| 17:00 | **The Simpsons: Bye, Bye, Nerdie (R) ’CC’** Lisa searches for answers when a new student at school bullies her; Homer starts his own baby-proofing business. | **PG** +SIMP12-016+ |

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| 17:30 | **The Simpsons: Simpsons Safari (R) ’CC’** The Simpsons journey through Africa, where they encounter jungle animals, tribesmen…and a chimp refuge owner with a secret. | **PG** +SIMP12-017+ |

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| 18:00 | **The Simpsons: Triligy Of Error (R) ’CC’** A day in the life of the Simpsons replays three times: Homer panics when Marge slices off his thumb; Lisa attempts to place her entry in the school science fair; Bart is pursued by gangsters. | **PG** +SIMP12-018+ |

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| 18:30 | **The Simpsons: I'm Goin' To Praiseland (R) ’CC’** To fulfill his dead wife's final wish, Ned Flanders converts an old, closed amusement park into a new Christian amusement park, 'Praiseland.' The park flops until visitors begin having 'visions.' | **PG** +SIMP12-019+ |

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| 19:00 | **The Simpsons: Children Of A Lesser Clod (R) ’CC’** After Homer injures his knee, he's housebound for recuperation. A successful stint as a babysitter prompts Homer to open a full-time daycare service, leaving Bart and Lisa feeling neglected. | **PG** +SIMP12-020+ |

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| 19:30 | **Modern Family: Supershowerbabybowl (R) ’CC’** Jay is hosting a Super Bowl party, and Claire is hosting a baby shower for Haley - both at Jay's house. What could go wrong? | **PG** +MOFA10-015+ |

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| 20:00 | **Modern Family: Red Alert (R) ’CC’** Lily has reached a womanly milestone that Cam and Mitch are not prepared for - at all - so they call in reinforcements.  | **PG (S,L)**+MOFA10-016+ |

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| 20:30 | **Movie: Contact (R) ’CC’ (1997)** A dedicated researcher races to interpret a possible message originating from the Vega star system, which could have major implications for humankind. Starring:ANGELA BASSETT,JAMES WOODS,JODIE FOSTER,MATTHEW MCCONAUGHEY,WILLIAM FICHTNER,TOM SKERRITT,DAVID MORSE,JOHN HURT | **M (A)**+WBFF03-021+ |

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| 23:30 | **Nip/Tuck (R) ’CC’** A jet bound from Miami to New York crashes after takeoff--and Julia's mother, Erica, may be on board. Christian, Sean, Liz and Julia struggle to save the lives of surviving passengers. | **MA (V,S,D,L)**+NIPT03-012+ |

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| 00:30 | **Ridiculous Cakes: Fairy Cakes Can Come True (R)** Alton Brown narrates this sweet reality show in which talented cake designers are tasked with creating unique and unbelievable cakes for their clients. | **PG** +RICA01-010+ |

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| 01:00 | **Cupcake Wars: Rock And Roll Cupcakes (R)** The bad boys of Cupcake Wars will return to the kitchen in true rock and roll fashion to compete for the chance to have their cupcakes at a party celebrating the I Heart Radio music festival. | **PG** +CUPW07-011+ |

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| 02:00 | **The Great Food Truck Race: Hot Doggin' It In Tucson (R)** Tyler greets the teams in Tucson, Ariz., where they must come up with a creative marketing campaign. They must put their twists on a local hot dog favorite, with the top sellers winning a bonus. | **PG** +GFTR05-002+ |

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| 03:00 | **Kid's Baking Championships (R)** The six remaining kid bakers get creative as they invent lunch box desserts. | **G** +KBAC02-005+ |

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| 04:00 | **The Kitchen: Hot New Tricks (R)** The Kitchen shares the hottest new tips and tricks for summer cooking with Jeff Mauro's BBQ Beer Can Burger and Katie Lee's Gnocchi Pesto Pasta Salad. | **PG** +TKIT14-008+ |

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| 05:00 | **Chopped: Ready For Redemption (R)** Four former Chopped runners up are brave enough to return to the Chopped Kitchen, and in the appetizer basket, they find a shocker of a protein and some sweet jam. | **PG** +CHPD27-008+ |

 **Wednesday 27 May 2020**

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| 06:00 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC17-050+ |

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| 06:30 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC17-051+ |

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| 07:00 | **Taco Trip: Portland, Maine (R)** Maine is America's biggest lobster producer, so Chef Aaron shows up hungry to try fresh lobster tacos in Portland. | **PG** +TACO02-007+ |

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| 07:30 | **James Robison: Sheila Walsh - Your 6 Word Story** Religious Program. | **PG** +JARO20-080+ |

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| 08:00 | **Ridiculous Cakes: This Cake Packs A Punch (R)** Alton Brown narrates this sweet reality show in which talented cake designers are tasked with creating unique and unbelievable cakes for their clients. | **PG** +RICA01-011+ |

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| 08:30 | **Brunch @ Bobby's: Brunch On The Run** Cinnamon sugar french toast sticks with maple cream, pressed egg sandwich with homemade chorizo, avocado and queso, granola coated frozen bananas. | **PG** +BRUB05-004+ |

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| 09:00 | **Cupcake Wars: San Diego Zoo (R)** The fur will be flying as four bakers fight for the opportunity to serve their cupcakes at a members' only party at the world-famous San Diego Zoo. | **PG** +CUPW07-012+ |

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| 10:00 | **The Great Food Truck Race: Dinner Dates, Austin Style (R)** Tyler tests each team on their partnership skills in Austin, Texas. The teams are first paired up to sell together all weekend long, and are then sent for a Match.com event. | **PG** +GFTR05-003+ |

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| 11:00 | **Cake Wars Christmas: Ultimate Gingerbread House (R) (2016)** Teams will be challenged to create the ultimate gingerbread house, and when the gingerbread dust settles, only one team will jingle all the way home with $50,000. | **PG** +CAKS01-006+ |

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| 12:00 | **Kid's Baking Championships (R)** The five remaining kid bakers must use three types of candy in a dessert but also keep it balanced, because it's a fine line between candymonium and candy overload. | **G** +KBAC02-006+ |

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| 13:00 | **The Kitchen: Fast And Flavorful (R)** Fall into autumn with The Kitchen's fast and flavorful recipes. Marcela Valladolid's Mexican Chorizo Meatloaf is her twist on one of Food Network's most searched-for dishes. | **PG** +TKIT14-009+ |

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| 14:00 | **Chopped: Truck Stop Stars (R)** Four talented truck stop chefs bring their renowned take on comfort food to the Chopped Kitchen. | **PG** +CHPD27-009+ |

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| 15:00 | **One Tree Hill (R)** It's Keith and Jules' wedding day, and the event has caused a commotion in the town. Brooke asks Lucas to be her date at the wedding; Nathan makes an important decision involving his marriage. | **PG (S,A,L)**+ONTH02-016+ |

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| 16:00 | **How I Met Your Mother: Legendaddy (R)** Barney finally meets his real biological father, but is disappointed when he turns out to be completely different from what he expected. Starring:DAVID HENRIE,LYNDSY FONSECA,MARIEVE HERINGTON,WILL SHADLEY,MICHAEL RUPNOW,NANCY TRAVIS | **PG (S)**+HMYM6-019+ |

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| 16:30 | **The Simpsons: Triligy Of Error (R) ’CC’** A day in the life of the Simpsons replays three times: Homer panics when Marge slices off his thumb; Lisa attempts to place her entry in the school science fair; Bart is pursued by gangsters. | **PG** +SIMP12-018+ |

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| 17:00 | **The Simpsons: I'm Goin' To Praiseland (R) ’CC’** To fulfill his dead wife's final wish, Ned Flanders converts an old, closed amusement park into a new Christian amusement park, 'Praiseland.' The park flops until visitors begin having 'visions.' | **PG** +SIMP12-019+ |

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| 17:30 | **The Simpsons: Children Of A Lesser Clod (R) ’CC’** After Homer injures his knee, he's housebound for recuperation. A successful stint as a babysitter prompts Homer to open a full-time daycare service, leaving Bart and Lisa feeling neglected. | **PG** +SIMP12-020+ |

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| 18:00 | **The Simpsons: Simpsons Tall Tales (R) ’CC’** The Simpsons jump a train, and meet a hobo, who tells them twisted versions of three classic tales, all of which feature Simpsons characters. | **PG** +SIMP12-021+ |

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| 18:30 | **The Simpsons: The Parent Rap (R)** After Bart takes a joyride in a police car, a judge orders him to be tethered to Homer at all times. | **PG** +SIMP13-002+ |

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| 19:00 | **The Simpsons: Homer The Moe (R)** Homer and his friends are forced to drink in the Simpsons' garage after Moe the Bartender renovates his shady bar into a hipster hangout. | **PG** +SIMP13-003+ |

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| 19:30 | **Cold Case (R) ’CC’** Vera's high school sweetheart asks the team to reopen the death case of her older sister. Ruled as an accident in the late 1990s, the woman's death was forgotten until a man recounts seeing her. | **M (V,A)**+COLC02-018+ |

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| 20:30 | **The Mentalist: Red Tide ’CC’** When a high school girl's body washes up on the beach, Patrick Jane sets a mentalist trap in order to get her surfing friends to turn on each other and reveal what really happened. | **M (V,A)**+TMEN01-003+ |

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| 21:30 | **Without A Trace ’CC’** Jack and his team try to determine if foul play was involved in the 1991 adoption of 16-year-old Serene Barnes after the teen shows up at the FBI offices claiming she was kidnapped as a young child. | **M (D,A)**+WIAT02-023+ |

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| 22:30 | **Criminal Minds: Ashley (R) ’CC’** The BAU investigates a double homicide and kidnapping in New Hampshire. Also, Rossi's plans to elevate his relationship with Krystall don't go as planned. | **M (V,A)**+CRMD14-008+ |

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| 23:30 | **Nikita (R)** Percy continues his plan to take back Division by threatening to kill Nikita's mentor, Carla, the woman who took Nikita off the streets when she was a junkie. | **MA (V)**+NIKI02-014+ |

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| 00:30 | **Nikita (R)** Nikita and Michael try to help Carla remember her past, which holds the key to taking down Division. Carla recounts the night Nikita was arrested and Nikita is stunned at what she learns. | **MA (V)**+NIKI02-015+ |

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| 01:30 | **Ridiculous Cakes: This Cake Packs A Punch (R)** Alton Brown narrates this sweet reality show in which talented cake designers are tasked with creating unique and unbelievable cakes for their clients. | **PG** +RICA01-011+ |

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| 02:00 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 02:30 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 03:00 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 03:30 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 04:00 | **The Kitchen: Fast And Flavorful (R)** Fall into autumn with The Kitchen's fast and flavorful recipes. Marcela Valladolid's Mexican Chorizo Meatloaf is her twist on one of Food Network's most searched-for dishes. | **PG** +TKIT14-009+ |

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| 05:00 | **Chopped: Truck Stop Stars (R)** Four talented truck stop chefs bring their renowned take on comfort food to the Chopped Kitchen. | **PG** +CHPD27-009+ |

 **Thursday 28 May 2020**

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| 06:00 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC17-052+ |

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| 06:30 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC17-053+ |

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| 07:00 | **Taco Trip: Boston (R)** Aaron visits Boston, where he eats spicy salsa, paired with a burrito containing fried plantains and Cubano tacos. | **PG** +TACO02-008+ |

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| 07:30 | **James Robison: Spring Mission Feeding #2** Religious Program. | **PG** +JARO20-081+ |

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| 08:00 | **Baked In Vermont: Make Ahead, Bake Ahead (R)** Gesine Prado is sharing her tips and tricks for stocking a freezer full of baked goodies ready to go in a pinch. | **PG** +BAVE02-001+ |

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| 08:30 | **Brunch @ Bobby's: Chocoholic Brunch** Dark chocolate waffles with white chocolate custard sauce and espresso-chocolate whipped cream, breakfast burritos with mocha rubbed steak, green eggs and chocolate barbecue sauce. | **PG** +BRUB05-005+ |

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| 09:00 | **Cupcake Wars: Aloha Cupcakes (R)** Four bakers will have to "lei" it all on the line if they want to win the chance to serve their cupcakes at the Hawaii Food and Wine Festival in Oahu. | **PG** +CUPW07-013+ |

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| 10:00 | **The Great Food Truck Race: High Steaks In OKC (R)** Tyler meets the teams in Oklahoma City, where he tests their time management skills, penalizing the team who takes the longest to get their day started. The teams must also embrace local favorites. | **PG** +GFTR05-004+ |

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| 11:00 | **Holiday Specials: Christmas Cookie Challenge (R) (2015)** In this Christmas Cookie Challenge hosted by Jonathan Bennett, five confident and daring bakers compete to prove their holiday cookie-making skills. | **PG** +FONS01-001+ |

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| 12:00 | **Kid's Baking Championships (R)** The four remaining kid bakers face a dinner in reverse challenge, which requires them to make a dessert item that looks like a savory dish; and a cupcake that's not sweet at all. | **G** +KBAC02-007+ |

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| 13:00 | **The Kitchen: Quick And Easy Fall Favorites (R)** Get a taste of all the flavors of fall with The Kitchen's quick and easy meals. Katie Lee whips up Weeknight Chicken Chili, and Jeff Mauro throws together his Seasonal Fall Stir Fry. | **PG** +TKIT14-010+ |

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| 14:00 | **Chopped: Beg, Borrow Or Eel (R)** In the first basket, nobody is thrilled to see a slimy surprise - will there be enough time to deal with it properly and still creatively address the other three ingredients? | **PG** +CHPD27-010+ |

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| 15:00 | **One Tree Hill (R)** Keith has a violent confrontation with Dan after learning that Dan paid Jules to have an affair with Keith. | **PG (V,S,A,L)**+ONTH02-017+ |

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| 16:00 | **How I Met Your Mother: The Exploding Meatball Sub (R)** Marshall resigns from GNB to volunteer for the environment, much to Lily and Barney's dismay. Ted and Zoey have conflicting views on the Arcadian's future. Starring:JENNIFER MORRISON,ROBBIE AMELL | **PG (S)**+HMYM6-020+ |

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| 16:30 | **The Simpsons: Simpsons Tall Tales (R) ’CC’** The Simpsons jump a train, and meet a hobo, who tells them twisted versions of three classic tales, all of which feature Simpsons characters. | **PG** +SIMP12-021+ |

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| 17:00 | **The Simpsons: The Parent Rap (R)** After Bart takes a joyride in a police car, a judge orders him to be tethered to Homer at all times. | **PG** +SIMP13-002+ |

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| 17:30 | **The Simpsons: Homer The Moe (R)** Homer and his friends are forced to drink in the Simpsons' garage after Moe the Bartender renovates his shady bar into a hipster hangout. | **PG** +SIMP13-003+ |

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| 18:00 | **The Simpsons: A Hunka Hunka Burns In Love (R)** Mr. Burns falls in love with a younger woman and recruits Homer to help him impress her. | **PG** +SIMP13-004+ |

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| 18:30 | **The Simpsons: The Blunder Years (R)** A hypnotist uncovers a traumatic experience from Homer's childhood. | **PG** +SIMP13-005+ |

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| 19:00 | **The Simpsons: She Of Little Faith (R)** Homer and Bart collaborate on a model rocket which destroys The First Church of Springfield. | **PG** +SIMP13-006+ |

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| 19:30 | **Cold Case (R) ’CC’** The 1985 murder case of a young mill worker is reopened when Rush learns that a recent parolee admitted to stealing money off the victim's body. | **M (A,V)**+COLC02-020+ |

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| 20:30 | **The Mentalist: Ladies In Red ’CC’** The team learns that a wealthy investment banker found murdered inside his locked safe room was living a dual life and skimming millions from clients. | **M (V)**+TMEN01-004+ |

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| 21:30 | **Without A Trace ’CC’** On Jack's last case before he moves to Chicago, the team searches for a billionaire's estranged wife and their two children last seen boarding a yacht, soon found adrift in New York. | **M (V)**+WIAT02-024+ |

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| 22:30 | **Bones: The Spark In The Park (R)** The Jeffersonian team investigates the murder of a nationally ranked gymnast, whose remains were hit by lightning and scattered throughout a public park. | **M** +BONE9-011+ |

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| 23:30 | **How To Get Away With Murder: Are You The Mole? NEW EPISODE**At the dean's cocktail party, Annalise learns disturbing news. Later, Michaela receives a surprise phone call, and the FBI informant is finally revealed. | **M (D,V,A)**+HOAM06-009+ |

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| 00:30 | **Revolution** When Miles leads Monroe and Rachel on a personal mission south of the border into Mexico they're met with much more than they bargained for. | **MA (V,A)**+REVO02-010+ |

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| 01:30 | **Baked In Vermont: Make Ahead, Bake Ahead (R)** Gesine Prado is sharing her tips and tricks for stocking a freezer full of baked goodies ready to go in a pinch. | **PG** +BAVE02-001+ |

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| 02:00 | **The Great Food Truck Race: High Steaks In OKC (R)** Tyler meets the teams in Oklahoma City, where he tests their time management skills, penalizing the team who takes the longest to get their day started. The teams must also embrace local favorites. | **PG** +GFTR05-004+ |

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| 03:00 | **Kid's Baking Championships (R)** The four remaining kid bakers face a dinner in reverse challenge, which requires them to make a dessert item that looks like a savory dish; and a cupcake that's not sweet at all. | **G** +KBAC02-007+ |

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| 04:00 | **The Kitchen: Quick And Easy Fall Favorites (R)** Get a taste of all the flavors of fall with The Kitchen's quick and easy meals. Katie Lee whips up Weeknight Chicken Chili, and Jeff Mauro throws together his Seasonal Fall Stir Fry. | **PG** +TKIT14-010+ |

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| 05:00 | **Chopped: Beg, Borrow Or Eel (R)** In the first basket, nobody is thrilled to see a slimy surprise - will there be enough time to deal with it properly and still creatively address the other three ingredients? | **PG** +CHPD27-010+ |

 **Friday 29 May 2020**

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| 06:00 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC17-054+ |

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| 06:30 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC17-055+ |

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| 07:00 | **Taco Trip: Santa Barbara (R)** Explore the food scene of Santa Barbara, California. | **PG** +TACO02-009+ |

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| 07:30 | **James Robison: The Great Awakening** Religious Program. | **PG** +JARO20-082+ |

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| 08:00 | **Baked In Vermont: Ice Ice Baby (R)** Gesine Prado and her husband, Ray, are celebrating the end of their first season on the local curling team by inviting the whole gang over for a party. | **PG** +BAVE02-002+ |

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| 08:30 | **Brunch @ Bobby's: Breakfast In Bed** Baked eggs with prosciutto, candied tomatoes and herb parmesan cream, chocolate covered berries, grapefruit mojito, dirty almond chai-style latte. | **PG** +BRUB05-006+ |

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| 09:00 | **Cake Wars: The Simpsons (R)** Bakers compete to see whose creation is worthy to appear at a bash, in honor of The Simpsons. | **PG** +CAKW01-001+ |

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| 10:00 | **The Great Food Truck Race: St. Louis Upsell (R)** When the final four teams hit the streets of St. Louis, Tyler is there to give them a challenge illustrating how a premium product is as good as money in bank. | **PG** +GFTR05-005+ |

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| 11:00 | **Holiday Specials: Christmas Cookie Challenge 2 (R) (2016)** Christmas Cookie Challenge special hosted by Alison Sweeney, five bold and creative bakers compete to prove their holiday cookie-making skills. | **PG** +FONS01-002+ |

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| 12:00 | **Kid's Baking Championships (R)** In the final challenge, the three remaining kid bakers battle it out for the title of Kids Baking Champion while making spring break-themed cakes. Which baker will emerge the winner? | **G** +KBAC02-008+ |

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| 13:00 | **The Kitchen: Master Your Menu (R)** The Kitchen shares recipes that can turn anyone into a Weeknight Warrior, starting with Geoffrey Zakarian's Sloppy Joes and Katie Lee's Hot and Crispy Fish Sandwich. | **PG** +TKIT14-011+ |

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| 14:00 | **Chopped: Chopped: College (R)** Four college kids with serious cooking chops take over the Chopped Kitchen to see if they can make the grade. | **PG** +CHPD27-011+ |

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| 15:10 | **Cake Wars: The Simpsons (R)** Bakers compete to see whose creation is worthy to appear at a bash, in honor of The Simpsons. | **PG** +CAKW01-001+ |

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| 16:10 | **The Simpsons: A Hunka Hunka Burns In Love (R)** Mr. Burns falls in love with a younger woman and recruits Homer to help him impress her. | **PG** +SIMP13-004+ |

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| 16:40 | **The Simpsons: The Blunder Years (R)** A hypnotist uncovers a traumatic experience from Homer's childhood. | **PG** +SIMP13-005+ |

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| 17:10 | **The Simpsons: She Of Little Faith (R)** Homer and Bart collaborate on a model rocket which destroys The First Church of Springfield. | **PG** +SIMP13-006+ |

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| 17:40 | **The Simpsons: Brawl in The Family (R)** A social worker attempts to transform the family into a functional, cooperative unit…until Homer's other wife shows up unexpectedly. | **PG** +SIMP13-007+ |

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| 18:10 | **The Simpsons: Sweets and Sour Marge (R)** After Springfield wins the title of World's Fattest Town, Marge launches an anti-sugar crusade, and sugar is banned from the city. | **PG** +SIMP13-008+ |

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| 18:40 | **Movie: Inside Out (R) ’CC’ (2015)** After young Riley is uprooted from her Midwest life and moved to San Francisco, her emotions - Joy, Fear, Anger, Disgust and Sadness - conflict on how best to navigate a new city, house, and school. Starring:AMY POEHLER,BILL HADER,PHYLLIS SMITH,KAITLYN DIAS,MINDY KALING,LEWIS BLACK | **PG (A)**+WDFC58-010+ |

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| 20:30 | **Movie: Mighty Joe Young (R) ’CC’ (1998)** Joe is a smart and incredibly huge gorilla in the mountains of Central Africa. When his existence is threatened by poachers, his lifelong human friend Jill does everything she can to save him Starring:BILL PAXTON,CHARLIZE THERON,REGINA KING,ROBERT WISDOM,PETER FIRTH,NAVEEN ANDREWS,DAVID PAYMER,RADE SERBEDZIJA | **PG (V)**+WDFR16-007+ |

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| 22:45 | **Movie: A Perfect World (R) (1993)** A kidnapped boy strikes up a friendship with his captor: an escaped convict on the run from the law, headed by an honorable U.S. Marshal. Starring:BRADLEY WHITFORD,KEVIN COSTNER,KEITH SZARABAJKA,CLINT EASTWOOD,LAURA DERN | **M (A,V)**+WBFF03-091+ |

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| 01:45 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 02:15 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 02:45 | **Kid's Baking Championships (R)** In the final challenge, the three remaining kid bakers battle it out for the title of Kids Baking Champion while making spring break-themed cakes. Which baker will emerge the winner? | **G** +KBAC02-008+ |

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| 04:00 | **The Kitchen: Master Your Menu (R)** The Kitchen shares recipes that can turn anyone into a Weeknight Warrior, starting with Geoffrey Zakarian's Sloppy Joes and Katie Lee's Hot and Crispy Fish Sandwich. | **PG** +TKIT14-011+ |

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| 05:00 | **Chopped: Chopped: College (R)** Four college kids with serious cooking chops take over the Chopped Kitchen to see if they can make the grade. | **PG** +CHPD27-011+ |

 **Saturday 30 May 2020**

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| 06:00 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC17-056+ |

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| 06:30 | **It's Academic (R) ’CC’** Simon Reeve hosts the educational and entertaining game show where schools compete to win cash and prizes. | **G** +IAC17-057+ |

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| 07:00 | **Flushed (R) ’CC’** A new game show for kids where knowledge meets strategy with hilarious, slimy fun. | **G** +FLSH-052+ |

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| 07:30 | **Flushed (R) ’CC’** A new game show for kids where knowledge meets strategy with hilarious, slimy fun. | **G** +FLSH-053+ |

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| 08:00 | **Diners, Drive-Ins and Dives: All San Diego, All The Time (R)** Guy's heading to San Diego for some favorites, old and new. In Ocean Beach, Calif., Guy's hittin' up a legendary surfer spot for some righteous burgers with an old buddy. | **PG** +DDID17-010+ |

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| 08:30 | **Diners, Drive-Ins and Dives: From The Heart (R)** Guy's hittin' up some spots putting their heart and soul into everything they do. In Carlsbad, Calif., the family-owned Italian joint staying true to a long-standing ravioli recipe. | **PG** +DDID17-011+ |

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| 09:00 | **Diners, Drive-Ins and Dives: That's Fresh (R)** Guy's stopping by some joints that are keepin' it fresh. In San Francisco, the Venezuelan joint servin' up a totally gluten-free menu of authentic standbys like arepas and empanadas. | **PG** +DDID17-012+ |

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| 09:30 | **Big Bad BBQ Brawl: BBQ Pulled Pork Brawl** Shannon travels to Shreveport, Louisiana to compete against local BBQ legend Hickory Stick in a pulled pork sandwich cook-off. | **PG** +BDBB01-002+ |

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| 10:00 | **Barefoot Contessa: Training Day Dinner (R)** The East Hampton ambulance volunteers meet once a month for a cookout to feed its 50 volunteers and Ina's pitching in with the help of local chef Joe Realmuto from Townline BBQ. | **PG** +BARE07-001+ |

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| 10:30 | **Barefoot Contessa: Barefoot Bistro (R)** This is French food made easy. Ina is demystifying the classics, offering tips and techniques to get French flavor fast: There are ideas for French table setting! | **PG** +BARE07-002+ |

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| 11:00 | **Holiday Specials: All-Star Gingerbread Build (R) (2015)** In this special one-hour competition hosted by Egypt Sherrod, HGTV and Food Network's biggest stars join forces to create life-sized, edible gingerbread houses that will amaze and inspire. | **PG** +FONS01-003+ |

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| 12:00 | **Diners, Drive-Ins and Dives: All San Diego, All The Time (R)** Guy's heading to San Diego for some favorites, old and new. In Ocean Beach, Calif., Guy's hittin' up a legendary surfer spot for some righteous burgers with an old buddy. | **PG** +DDID17-010+ |

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| 12:30 | **Restaurant: Impossible: Outside The Box (R)** When Chef Robert arrives at the Coach Lamp Restaurant & Pub in Louisville, Ky., he's baffled; the restaurant looks nice, the food tastes good. He must piece together why it's failing.  | **PG** +RIMP07-004+ |

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| 13:30 | **Restaurant: Impossible: Holiday: Impossible 2 (R)** This is Chef Robert's biggest mission yet as he and his team are heading to the Jersey Shore to transform not one, but two, locations that were devastated by Hurricane Sandy. | **PG** +RIMP07-005+ |

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| 14:30 | **Mystery Diners: Drive-Thru Drama (R)** A drop-in customer seems suspicious to the owner of "B'Man Teriyaki and Burgers" in Pasadena, California, prompting him to call in Charles Stiles and his team. | **PG (L,A)**+MYSD10-013+ |

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| 15:00 | **Mystery Diners: Street Vendor Violation (R)** After noticing lacklustre dinner sales and a dip in bottle service, Freddy and Abdi of Supperclub in Los Angeles contact Charles Stiles for help. | **PG (L,A)**+MYSD11-001+ |

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| 15:30 | **TBA: ENCORE** | ++ |

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| 16:45 | **The Simpsons: Sweets and Sour Marge (R)** After Springfield wins the title of World's Fattest Town, Marge launches an anti-sugar crusade, and sugar is banned from the city. | **PG** +SIMP13-008+ |

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| 17:15 | **Movie: Surf's Up (R) (2007)** Cody Maverick is a penguin who has a passion for surfing. Hitching a ride to Pen Gu Island, Cody and his chicken friend Joe attempt to participate in the Big Z Memorial Surf Off. Starring:JAMES WOODS,DIEDRICH BADER,MARIO CANTONE,KELLY SLATER,JON HEDER,ZOOEY DESCHANEL,JEFF BRIDGES,SHIA LABEOUF | **G** +SPF16-004+ |

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| 19:00 | **Movie: Willy Wonka & The Chocolate Factory (R) ’CC’** Charlie receives a golden ticket to a factory, his sweet tooth wants going into the lushing candy, it turns out there's an adventure in everything. Starring:GENE WILDER,JULIE DAWN COLE,PARIS THEMMEN,MICHAEL BOLLNER,PETER OSTRUM,DENISE NICKERSON | **G** +WBFF01-049+ |

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| 21:10 | **Movie: Father Figures (R) ’CC’ (2017)** Upon learning that their mother has been lying to them for years about their allegedly deceased father, two fraternal twin brothers hit the road in order to find him. Starring:GLENN CLOSE,MARY GRILL,OWEN WILSON,ED HELMS | **M (L,S)**+WBFR08-009+ |

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| 23:20 | **Movie: Million Dollar Arm (R) ’CC’ (2014)** In a last-ditch effort to save his career, sports agent J.B. Bernstein plans to find baseball's next star pitcher. Starring:AASIF MANDVI,ALAN ARKIN,BILL PAXTON,JON HAMM,SURAJ SHARMA,MADHUR MITTAL,PITOBASH TRIPATHY,LAKE BELL | **PG (L)**+WDFC53-016+ |

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| 01:55 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 02:25 | **Home Shopping (R)** Shopping program. | **G** +INFO01-001+ |

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| 02:55 | **Diners, Drive-Ins and Dives: From The Heart (R)** Guy's hittin' up some spots putting their heart and soul into everything they do. In Carlsbad, Calif., the family-owned Italian joint staying true to a long-standing ravioli recipe. | **PG** +DDID17-011+ |

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| 03:30 | **Diners, Drive-Ins and Dives: That's Fresh (R)** Guy's stopping by some joints that are keepin' it fresh. In San Francisco, the Venezuelan joint servin' up a totally gluten-free menu of authentic standbys like arepas and empanadas. | **PG** +DDID17-012+ |

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| 04:00 | **Barefoot Contessa: Training Day Dinner (R)** The East Hampton ambulance volunteers meet once a month for a cookout to feed its 50 volunteers and Ina's pitching in with the help of local chef Joe Realmuto from Townline BBQ. | **PG** +BARE07-001+ |

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| 04:30 | **Barefoot Contessa: Barefoot Bistro (R)** This is French food made easy. Ina is demystifying the classics, offering tips and techniques to get French flavor fast: There are ideas for French table setting! | **PG** +BARE07-002+ |

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| 05:00 | **Iron Chef America: Flay Vs. Greenspan (R)** Chef Eric Greenspan enters Kitchen Stadium to challenge Iron Chef Bobby Flay. | **PG** +ICAM08-001+ |