

<b>Channel 1</b>	<b>Channel 2</b>	<b>Channel 3</b>	<b>Channel 4</b>
6:00 The News	5.45 The food show – delicious fish recipes	5.55 The Samsons – US cartoon	6.00 Lions in the Wild - a walk in the jungles of Kenya with Dana Kay
6.30 soap: The Smythes – the ongoing story of a family in crisis	6.15 The News – in detail from around the world	6.15 the Big Match – Live Manchester Utd v Dynamo Kyev	
7.00 Fix It – more ideas on home decoration	7.00 The Big Question – family quiz show		7.00 Great Scientists - Einstein
7.30 FILM - Alone at Home – US comedy, starring Ben Moore, 1999	7.30 The Crazy Team – local comedy	7.45 Golf Highlights – from the US Open	
	8.00 Bill and Grace – US comedy		8.00 The News
	8.30 Spells – where 3 modern-day witches fight evil		8.30 Drama – Queen Victoria starring Helen Tix
9.15 The News		9.00 World Championship Athletics from Berlin	
10.00 FILM – David Bond 008 – The Spy who Shot me 1994	9.30 Star Trip – adventures in outer space with Jim Nice & Tom Stewart – this week aliens attack the ship		10.00 The Late News
	10.45 Ha Ha Ha – late night jokes and fun	10.30 Snooker from the UK	10.30 The Politics Show
		11.30 Ice-skating from Serbia	11.30 News round-up