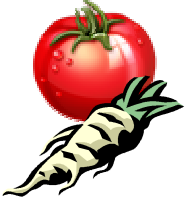




NEPHRA Mother's Day Luncheon Club 16th March 2010



Healthy Eating Bren's Homemade Tomato & Parsnip Soup Served with Crusty Bread
made with **Dena's** Home-grown Organic Tomatoes 80p

Healthy Eating Lillian's Homemade Ham & Broccoli Bake - Lean Ham, slices of Potatoes and
Broccoli Florets In a Delicious White Sauce and Topped with Cheese 2.30

Or

Bren's Home-cooked Roast Pork Dinner served with Homemade Stuffing, Pork Crackling,
Roast & Mashed Potatoes, **Dena's** Organic Green Beans & Topped with
Delicious Homemade Gravy. 2.30

Or

Vegetarian Option Bren's Homemade Admirals Pie, Tasty Pieces of Fish, (Salmon, Smoked
Haddock, White Pangasius and Prawns in a delicious Hollandaise Sauce
Topped with Cheesy Mash 2.30

Healthy Eating Lillian's No added Sugar Lemon Tart (made with granulated sweetener)
Served with Reduced Fat Crème Fraîche 80p

Or

Bren's Homemade Rhubarb & Ginger Crumble Served with No added sugar Custard
Tea, Coffee and Fruit Juice 40p.

**All our Dishes are Healthily Cooked - By Oven Baking, Grilling,
Boiling, Steaming or Poaching.**

Our Healthy Eating Dishes are also Low in Fat, Sugar & Salt.

[Please Note Our Dishes may contain traces of Nut]

