

NEPHRA Luncheon Club

Pancake Tuesday

24th February 09



Healthy Eating Bren's Homemade Parsnip & Tomato Soup

Served with Crusty Bread 80p

Healthy Eating Lillian's Homemade Cottage Pie Served with Garden Peas £1.80

Or

Healthy Eating Dave's Homemade Chicken Chablis - Chicken Breast (or Vegetarian Quorn) Pieces with Mushrooms in a Tomato & Wine Sauce Served with

Garden Peas & Mashed Potatoes £2.30

Almost Healthy Eating Bren's Pancake Topped with Fresh Fruit (Strawberries, Banana & Blueberries) Served with 0% Fat Greek Yoghurt & Drizzled with Honey 80p

Or

Healthy Eating Bren's Baked Desert Apple with No Added Sugar Custard - 80p

Tea, Coffee and Fruit Juice 40p.

Please Note Our Dishes may contain traces of Nut

Healthy Eating - Low Fat & No added Sugar

