

NEPHRA Luncheon Club

7TH JULY 09



Healthy Eating Lillian's Homemade - Mushroom Soup Served with Crusty Bread 80p

Dave's Homemade Lasagne Served with a Selection of Dena's Home Grown Salad, Sliced Tomatoes & Cucumber, Red Onions, Hardboiled Egg and thick Crisps £2.20

Or

Healthy Eating Dave's Homemade Chinese Chicken Curry & Rice £2.20

Or

Healthy Eating Bren's Home-cooked Poached Salmon Served with a Selection of Dena's Home Grown Salad, Sliced Tomatoes & Cucumber, Red Onions, Hardboiled Egg and Pasta Salad £2.20

Or

Bren's - Cumberland Sausage & Mash, Real Comfort Food - Oven baked Sausages with a Dollop of Mash Topped with Homemade Red Onion Gravy. £1.80

Healthy Eating (Tesco) Mandarin Cheesecake Topped with 33% Less fat double Cream 80p

Or

Healthy Eating Bren's No added sugar Stewed Desert Apples Topped with No added sugar Custard 80p

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]

