



NEPHRA Luncheon Club 23rd March 2010



Healthy Eating Bren's Homemade Cauliflower & Broccoli Soup Served with Crusty Bread
made with **Dena's** Organic Broccoli 80p

Lillian's Homemade Cheese & Onion Pie with Roasted Parsnips and Potatoes
And Served with Boiled Carrots 2.30

Or

Bren's Homemade Farmers Wife Pie - Lean Pot Roast Pork, Onions & Apple
Topped off with Cheesy Mashed Potatoes & Served with **Dena's** Winter Cabbage 2.30

Healthy Eating Bren's Fresh Fruit Salad Topped with reduced fat Double Cream 80p

Or

Apple Strudel Served 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]



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