



# NEPHRA Luncheon Club

## Menu 17th February 09



**Healthy Eating Bren's** Homemade Using Vegetables from our Allotment

Cauliflower Soup Served with Crusty Bread 80p

**Healthy Eating Bren's** Home-cooked Roast Lamb or Quorn Dinner Served with Minted New Potatoes, Green Beans and Delicious Homemade Gravy £2.30

Or

**Dave's** Homemade Lasagne Served with a selection of Salad Leaves, Sliced Cucumber, Beetroot and Homemade Coleslaw. £2.30

**Healthy Eating Bren's** No added Sugar Poached Pear- Gently Poached with Ginger & Apple Juice, Served with 0% Fat Greek Yoghurt - Delicious 80p

Or

**Bren's** Homemade with our own Home Grown Organic Fruit Rhubarb & Ginger Crumble Topped 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**

