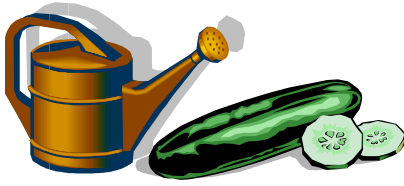


NEPHRA Luncheon Club

14th JULY 09



Healthy Eating Bren's Homemade - with **Dena's** Organically Grown Cucumbers

Minted Cream of Cucumber Soup - Served Hot with Crusty Bread 80p

Bren's Home-Cooked Beef Dinner Served with Yorkshire Pudding, Roast & Mashed Potatoes

Savoy Cabbage grown by **Dena**, then Topped off with Homemade Gravy 2.30

Or

Healthy Eating Lillian's Homemade Italian Meatball Pasta Bake - Meatballs made with

Lean Minced Scottish Beef, Topped with Homemade Tomato Sauce & Cheese,

Served with **Dena's** Mixed Salad Leaves, Tomatoes, Cucumber & Young Onions 1.80

Lemon Drizzle Cake Topped with No added Sugar Custard 80p

Or

Healthy Eating Bren's Fresh Fruit Salad Topped with Less Fat Crème Fraîche 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]

