

NEPHRA Luncheon Club

15TH SEPTEMBER 09



Healthy Eating Bren's Homemade - with **Dena's** Organically Grown Courgettes
Minted Yellow Courgette Soup - Served with Crusty Bread 80p

Healthy Eating Bren's Home-Cooked Chicken & leek Casserole with tiny sausage-meat balls
Served with a Dollop of Mashed Potatoes - Real Comfort Food

All the vegetables in this dish have been grown by **Dena** - 2.30

Or

Lillian's Homemade Cheese & Onion Pie

Served with Mashed Potatoes & Home-grown Broccoli - 2.30

All the vegetables in this dish have been grown by **Dena**

Kay's Creamy Rice Pudding Served with Peaches 80p

Or

Healthy Eating Lillian'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]

