

NEPHRA Luncheon Club

14th JULY 09



Healthy Eating Bren's Homemade - with **Dena's** vegetables, Mixed Vegetable Soup
Served with Crusty Bread 80p

Bren's Home-Cooked Lamb Dinner Served with Mint Sauce, Roast & Mashed Potatoes,
Broccoli grown by **Dena**, then Topped off with Homemade Gravy 2.20

Or

Healthy Eating Lillian's Homemade Chilli Beans Served with Crusty Bread 1.80

Lillian's Homemade Sherry Trifle 1.80

Or

Healthy Eating - All made with Sweetener (sweetens like sugar)

Bren's Summer Fruits Compote made with Raspberries & Blackcurrants
Topped with Homemade Banana Ice Cream or Less Fat Double Cream. 80p

Or

Healthy Eating Lillian's - Made with Sweetener Chocolate Brownies

Topped with Less Fat Double Cream 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]

