



# NEPHRA Luncheon Club 11th May 2020



**Healthy Eating Bren's** Homemade Celery, Carrot & Leek Soup Served with Crusty Bread 80p

**Bren's** Home-cooked Roast Pork Dinner Served with Stuffing & Pork Crackling,  
Roast & Mashed Potatoes, **Dena's** Organic Cabbage & Sweetcorn and Topped with  
Delicious Homemade Gravy. 2.30

Or

**Healthy Eating Bren's** Roast Pork Salad Served with Homemade Potato Salad, Stuffing,  
A selection of Salad Leaves & Chives - from the allotment, Cherry Tomatoes,  
Hard Boiled Egg & Sliced Cucumber. 2.30

Or

**Healthy Eating Dave's** Mild Indian Vegetable Curry made with - Sweet Potatoes, Butternut  
Squash, Green Beans, Tomatoes, Onions & Peppers & Served with Boiled Rice. 2.30

**Lilian's** Homemade Apple Crumble and No added Sugar Custard 80p

Or

**Healthy Eating Lilian's** Fresh Fruit Salad Served with 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]**



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