

NEPHRA Luncheon Club

2nd June 09



Healthy Eating Lillian's Homemade Spicy Carrot Soup Served with Crusty Bread 80p

Or

Healthy Eating Bren's Homemade Carrot Soup Served with Crusty Bread 80p

Healthy Eating Lillian's Homemade Salmon & Broccoli Quiche Served with Mixed Salad Leaves, Tomatoes, Hard Boiled Egg etc. £2.30

Or

Healthy Eating Bren's Roast Pork Dinner Served with Homemade Apple Sauce Mashed & Roast Potatoes, Spring Greens & Topped with Homemade Gravy £2.30

Lillian's Homemade Chocolate Brownies Served with Lees Fat Crème Fraîche 80p

Or

Healthy Eating Bren's Fresh Fruit Salad Topped with 33% 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]

