

NEPHRA Luncheon Club

29TH SEPTEMBER 09



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

Healthy Eating Dave's Popular Homemade Medium Strength Lamb Curry, Made with Tender cuts of Lean Lamb & Served with Boiled Rice 2.30

Or

Healthy Eating Lillian's Homemade Cottage Pie made using Lean Minced Steak Topped with Mashed Potatoes, Served with Carrots & Swede grown by **Dena** - 2.30

Or

Healthy Eating Bren's Homemade Farmer's Wife Pie - Tender Pieces of Lean Roast Pork, cooked with Apples & Onions, Topped off with Cheesy Mashed Potatoes Served with Carrots & Swede grown by **Dena** - 2.30

Or

Healthy Eating Bren's Vegetarian Shepherds Pie made with Quorn Mince, Topped off with Cheesy Mash, Served with Carrots & Swede grown by **Dena** - 2.30

Ginger Cake & Custard No added Sugar Custard 80p

Or

Healthy Eating kay's Baked Desert Apple Topped with no added Sugar Custard 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]

