



NEPHRA Luncheon Club 20th April 2020



Healthy Eating Bren's Homemade Country Vegetable Soup Served
with Garlic & Basil Croutons 80p

Bren's Homemade Steak & Kidney Pie, Tender Pieces of Beef and a little Kidney,
in Delicious Homemade Gravy and Topped off with a round of Puff Pastry. Served with
Mashed Potatoes, Carrots and **Dena's** Organic Savoy Cabbage 2.30

Or

Healthy Eating Dave's Homemade Lasagne Served with Crusty Bread, Homemade Coleslaw, a
selection of Salad Leaves, Cherry Tomatoes, Sliced Cucumber & Red Onion 2.30

Or

Healthy Eating Bren's Homemade Country Lamb Broth - Tender Pieces of lamb in a
Hearty broth Served over Mashed Potatoes 2.30

Good Old fashioned Ginger Cake and No added Sugar Custard 80p

Or

Healthy Eating Bren's Mixed Fruit Compote - Plums, Blackcurrants, Strawberries, Cranberries,
Blueberries and a hint of Apple Served with 33% Reduced Fat Double Cream or

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]



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