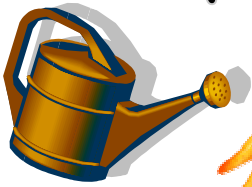


NEPHRA Luncheon Club

9th March 2020



Healthy Eating Bren's Homemade Celery & Sesame Soup Served with Crusty Bread 80p

Bren's Homemade Hotpot with Home-cooked Pot Roast Beef, Potatoes, Carrots & Onions all in a Delicious Homemade Gravy & Topped with Homemade Short Crust Pastry 2.30

Or

Healthy Eating Dorothy's Homemade 'Moston Stir Fry Noodles' An authentic Chinese Dish made with Turkey Mince, Mushrooms, Green Pepper, Egg, Bamboo Shoots, Pickled Cabbage and Carrots all in a Delicious Black Bean Sauce 2.30

Or

Healthy Eating Bren's Homemade Country Lamb Broth - Traditional Dish made with Lean Lamb, Pulses and Root Vegetables, Served over Mashed Potatoes - Real comfort Food. 2.30

Healthy Eating Lillian's No added Sugar Brownies (made with granulated sweetener) Served with Reduced Fat Crème Fraîche 80p

Or

Lillian's Delicious Homemade Strawberry Trifle Made with Reduced Fat Double Cream 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]

