

NEPHRA Luncheon Club

1st December 09



Healthy Eating Bren's Homemade - with **Dena's** Organic Vegetables - Celery & Sesame
Soup Served with Crusty Bread 80p

Bren's Home-cooked Liver & Onions Served with Mashed Potatoes and
Dena's Savoy Cabbage, 2.30

Lillian's Delicious Homemade Cheese & Onion Pie Served with Roasted
New Potatoes & Broccoli 2.30

Bren's Homemade Plum or Rhubarb Crumble Topped with No added Sugar Custard 80p
Or

Healthy Eating Lillian's Fresh Fruit Salad Topped with 70% less 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]

