

NEPHRA Luncheon Club

24th November 09



Healthy Eating Bren's Homemade - with **Dena's** Organic Vegetables - Cauliflower, Broccoli & Cheese Soup Served with Crusty Bread 80p

Bren's Home-cooked Pot Roast Beef Dinner Served with Yorkshire Pudding, Roast & Mashed Potatoes, Green Beans, Topped off with Delicious Homemade Gravy 2.30

Lillian's Take on Jamie Oliver's Lasagne 2.30

Lillian's Homemade Bread & Butter Pudding Served with 70% less fat Double cream 80p

Or

Healthy Eating Bren'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]

