



# NEPHRA Luncheon Club

## 16th June 09



**Healthy Eating Bren's** Homemade - with vegetables grown by **Dena** on our allotment,  
Cauliflower, & Broccoli Soup Served with Crusty Bread 80p

**Healthily Cooked Bren's** Roast Pork & Stuffing Dinner, Served with Mashed & Roast Potatoes,  
**Dena's** Home-grown Cabbage, Carrots and Topped with our own Homemade Gravy £2.30

Or

**Healthily Cooked Dave's** Homemade Lasagne Served with a selection of  
**Dena's** Home-grown Salad Leaves, Radishes & Young Onions, Sliced Vine Ripened  
Tomatoes & Cucumber, with a side of Homemade Coleslaw £2.30

Or

**Healthy Eating Bren's** Homemade Tuna & Pasta Bake Served with the above Salad £1.80

**Bren's** Homemade (with fruit grown by **Dena**) - Rhubarb & Ginger Crumble  
Topped with No added Sugar Custard 80p

Or

**Healthy Eating Bren's** Fresh Fruit Salad Topped with Greek Yoghurt & Honey 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.**



NEPHRA

**[Please Note Our Dishes may contain traces of Nut]**

