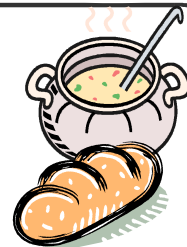


NEPHRA Luncheon Club 13th July 2020



Healthy Eating Bren's Homemade Cauliflower (with a hint of Carrot) Soup
Made with Vegetables Grown by **Dena** Served with Crusty Bread 80p

Healthy Eating Lillian's Homemade Pork Casserole - Cooked in Apple Juice
With Seasonal Root Vegetables & Farfaffillin (tiny pasta) 2.30

Or

Healthy Eating Bren's Homemade Corned-Beef Hash Served with
Dena's Home Grown Organic Beetroot 2.30

Or

Healthy Eating Dave's Homemade Chicken Curry - Chinese Style, Made with
Onions & Peppers Grown by **Dena**. Served with Boiled Rice. 2.30

Rich Chocolate Cake Served with Crème Fraîche 80p

Or

Bren's Homemade with **Dena's** Organic Rhubarb - Rhubarb & Ginger Crumble
Served with No added Sugar Custard 80p.

Or

Healthy Eating Bren's Home-cooked Poached Rhubarb - **Dena's** (Sweetened with Granulated
Sweetener). Served with either No Added Sugar Custard or Crème Fraîche 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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