

# NEPHRA Luncheon Club

## 9th June 09



**Healthy Eating Bren's** Homemade - with vegetables donated by Herbie,  
Celery & Lentil Soup Served with Crusty Bread 80p

**Healthily Cooked Bren's** Roast Beef Dinner Served with Yorkshire Pudding,  
Mashed & Roast Potatoes, Dena's Broccoli & Topped with Homemade Gravy £2.30

Or

**Healthily Cooked Dave's** Homemade Chicken Curry - Indian Style Served with  
Basmati Rice £2.30

Or

**Healthily Cooked Lillian's** Homemade Cheese & Onion Pie Served with  
Mash & Baked Beans £2.30

Bakewell Tart Topped with No added Sugar Custard 80p

Or

**Healthy Eating Bren's** Fresh Fruit Salad (oops - with a few tinned cherries)  
Topped with 33% less fat Double Cream 80p

Tea, Coffee and Fruit Juice 40p.



**All our Dishes are Healthily Cooked - By Oven Baking, Grilling,  
Boiling, Steaming or Poaching.**

