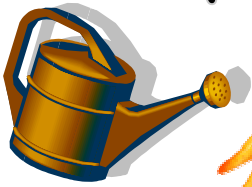


# NEPHRA Luncheon Club

## 2nd March 2020



**Healthy Eating Bren's** Homemade - with **Dena's** Organic Vegetables,  
Cream of Vegetable Soup Served with Crusty Bread 80p

**Bren's** Home-Cooked Pot Roast Beef Dinner, Served with Yorkshire Pudding,  
Mashed & Roast Potatoes and **Dena's** Organic Spring Greens & Topped off  
With Delicious Homemade Gravy 2.30

Or

**Healthy Eating Dave's** **Homemade** Chinese Style King Prawn Curry - a Lightly  
Spiced Curry Served with Steamed Rice 2.30

**Bren's** Homemade Traditional Apple Crumble Served with  
No Added Sugar Custard 80p

Or

**Healthy Eating Bren's** No Added Sugar Plum & Berry Compote, Served with  
33% Reduced Fat 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]**

