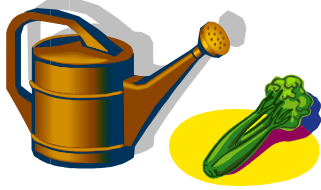


NEPHRA Luncheon Club

6th October 09



Healthy Eating Bren's Homemade - Celery & Sesame Soup made with
Celery grown by **Dena** - Served with Crusty Bread 80p

Healthy Eating Lillian's Home-cooked **Lean** Ham, Sliced Potatoes & **Dena's** Broccoli in a Delicious
Sauce Topped with Cheese and Served with Pickled Beetroot Grown by **Dena** - 2.30

Or

Healthy Eating Bren's Oven Baked Salmon Served with Minted New Potatoes, Grilled Tomato &
Garden Peas grown by **Dena** - 2.30

Or

Healthy Eating Bren's Tuna & Pasta Bake Served with Lettuce, Cucumber, Hard-boiled Egg,
With Red Onions & Tomatoes grown by **Dena** 2.30

Bren's Homemade Apple Crumble Topped with No added Sugar Custard 80p

Healthy Eating Lillian's Northfield Green Grapes Lightly Poached in
White Wine & Elderflower, Topped Greek Yoghurt 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]

