

# NEPHRA Luncheon Club

## 22nd SEPTEMBER 09



**Healthy Eating Bren's** Homemade - Broccoli & Cheese Soup (made with Home-grown broccoli donated by a NEPHRA resident) - Served with Crusty Bread 80p

**Healthy Eating Lillian's** Oven Baked Cod Fillets Served with Homemade Parsley Sauce, Mashed Potatoes & Garden Peas. (Parsley & Peas grown by **Dena**) - 2.30

**Bren's** Homemade Roast Pork & Crackling Dinner, Served with Roast & Mashed Potatoes, Green Beans grown by **Dena**, Homemade Apple Sauce - **Lillian's**, then Topped off with **Bren's** Delicious Homemade Gravy - 2.30

**Lillian's** Homemade Custard, Rhubarb & Apple Tart 80p

Or

**Bren's** Home-cooked Golden Poached Pears - Served with Low 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]**



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