

NEPHRA Luncheon Club

19th January 10



Healthy Eating Bren's Homemade - with **Dena's** Organic Vegetables - Cauliflower, Broccoli & Cheese Soup Served with Crusty Bread 80p

Healthily Cooked Bren's Homemade Steak & Kidney Pie Topped with Puff Pastry Served with Roast & Mashed Potatoes and **Dena's** Organic Green Beans, 2.30

Healthily Cooked Lillian's Take on Jamie Oliver's Lasagne, Served with a Side Salad And Homemade Coleslaw 2.30

Costco's Very Own Delicious Vegetarian Lasagne Served with a Side Salad And **Bren's** Homemade Coleslaw 2.30

Lillian's Homemade Sticky Toffee Pudding
Topped with no added sugar Custard 80p

Or

Healthy Eating Bren's No added sugar Stewed Apples
Topped with no added sugar Custard 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]

