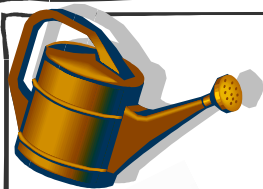


# NEPHRA Luncheon Club 13th April 2020



**Healthy Eating Bren's** Homemade Cauliflower & Broccoli Soup Served with Crusty Bread made with the last of **Dena's** Organic Cauliflower 80p

**Bren's** Home-cooked Roast Pork Dinner, Served with Crackling, Homemade Apple Sauce, Mashed & Roast Potatoes, **Dena's** Organic Green Beans, Topped off with Delicious Homemade Gravy 2.30

**Vegetarian option** as above but with Quorn Chicken & Vegetarian Gravy.

Or

**Dave's** Delicious King Prawn Curry - Chinese Style, with Red Peppers & Onions in a Mild Curry Sauce, Served with Boiled Rice 2.30

Or

**Healthy Eating Bren's** Shredded Roast Chicken Salad, Served with Sage & Onion Stuffing, Minted New Potatoes, a Selection of Salad leaves, Cherry Tomatoes, Sliced Red Onion & Cucumber and Hard-boiled Free Range Egg 2.30

**Healthy Eating Bren's** Fresh Fruit Salad Served with 33% Reduced Fat Double Cream 80p

Or

**Lillian's** Chocolate and Orange Cake Served with Reduced Fat Crème Fraîche 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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