



Monthly Menu - April 2017

Rainbow Heights Club is a psychosocial support and advocacy organization serving lesbian, gay, bisexual and transgender people living with mental illness.

A sugar-free beverage and garden salad and/or fresh garden vegetables are served with all meals. Healthy afternoon snacks!
Menu is subject to change.

<p>3 Leah's Ravioli Pasta Dinner</p>	<p>4 Mike' L's Breakfast Burrito</p>	<p>5 Sunny's Tuna Pasta Salad</p>	<p>6 Kenny's Ground Turkey with Rice & Veggies</p>	<p>7 Sunny's Quiche</p>
<p>10 Sunny's Tuna/Cheese Sandwiches</p>	<p>11 Bernis's Black Bean Burrito</p>	<p>12 Valerie's Veggie Chili</p>	<p>13 Kenny Baked Zit</p>	<p>14 Ricci's Breaded Chicken With Mashed Potatoes</p>
<p>17 Roy's Peanut Butter & Jelly Sandwiches</p>	<p>18 Mike L's Mac N Cheese</p>	<p>19 Liz's Egg Plant Lasagna</p>	<p>20 Kenny's Cheesy Bean Casserole</p>	<p>21 SPRING FLING</p>
<p>24 Sunny's Macaroni Salad</p>	<p>25 Bernie's Ground Turkey Burrito</p>	<p>26 Valerie's Fish Stew</p>	<p>27 Kenny's Red Bean & Rice</p>	<p>28 Sunny's Hot Dog Bar</p>

