



# Monthly Menu - April 2018

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.



2 <b>Talia's Grilled Cheese &amp; Potatoes Tots</b>	3 <b>Chris's Macaroni Salad</b>	4 <b>Chris's Turkey Chili</b>	5 <b>Perry's Chicken With Rice &amp; Veggies</b>	6 <b>Jasmine's Quiche</b>
9 <b>Talia's Egg Salad</b>	10 <b>Chris's Black Bean &amp; Rice</b>	11 <b>Valerie's Tilapia Stew</b>	12 <b>Kenny's Cheesy Bean Casserole</b>	13 <b>Mark's Curry Chicken - Rice &amp; Peas &amp; Carrots</b> Rebecca W
16 <b>Tuna/ Cheese Sandwiches Lupe</b>	17 <b>Chris's Red Beans &amp; Rice</b>	18 <b>Chris's Tuna Pasta salad</b>	19 <b>Kenny's Baked Ziti</b>	20 <b>Rebecca W. Mac N Cheese</b>
23 <b>Talia's P &amp; J Sandwiches</b>	24 <b>Chris's Breakfast Burrito</b>	25 <b>Valerie's Chicken Pasta</b>	26 <b>Kenny's Tortellini Pasta Dinner</b>	27 <b>Perry's Turkey Burger Bar</b>
30 <b>Jasmine's Hot Dog Bar</b>				