



Monthly Menu - August 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.



	1 Bernis Baked Tilapia	2 Sunny's Egg Salad Wrap	3 Mike's Ground Turkey with Rice & Veggies	4 Sunny's Quiche
7 Sunny's P & J Sandwiches	8 Bernis's Black Beans Burrito	9 Sunny's Tuna Pasta Salad	10 Mike's Egg Salad	11 Ricci's Breaded Chicken Rice & Veggies
14 Jillian's Tuna / Cheese Sandwiches	15 Ned's Black Beans & Rice	16 Valerie's Chicken Pasta	17 Mike's Cheesy Bean Casserole	18 Sunny's Hot Dog Bar
21 Mani's P & J Sandwiches	22 Danny's Taco Tuesday	23 Mike's Vegetarian Chili	24 Cesar Red Bean & Rice	25 Sunny's Mac N Cheese
28 Sunny's Macaroni Salad	29 Margo's Breakfast Burrito	30 Sunny's Baked Ziti	31 Mike's Turkey Burger Bar	