

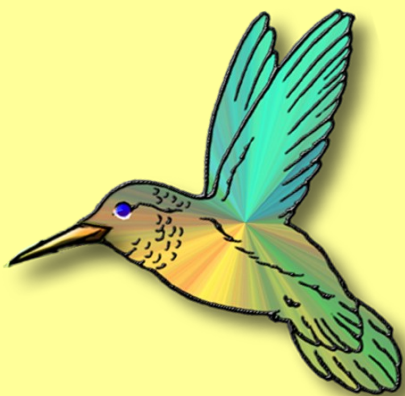


Monthly Menu - August 2018

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.



		1 Sunny's Ravioli Pasta Dinner	2 Kenny's Baked Ziti	3 Mark's Quiche
6 Mani's Tuna/Cheese Sandwiches	7 Chris's Macaroni Salad	8 Jessica's Sheppard Pie	9 Kenny's Black Beans & Rice	10 Wilbert's Turkey Burger Bar
13 Terrence & Pete's P & J Sandwiches	14 Chris's Breakfast Burrito	15 Jessica's Breaded Chicken With Rice & veggies	16 Kenny's Cheesy Bean Casserole	17 Michelai's Grilled Chesses Sandwiches
20 Bernis's Entree^ Manicotti	21 Chris's Grounded Turkey with Rice & Veggies	22 Sunny's Baked Tilapia	23 Kenny's Red Beans & Rice	24 Mark's Hot dog Bar
27 Bernis's Tuna/ Cheese Sandwiches	28 Chris's Turkey Chili	29 Jessica's Knishes with Tuna 2	30 Kenny's Mac N Cheese	31 Sandra's Baked Veggie Lasagna