



# Monthly Menu - December 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.



<p>3 <b>Michael's Tuna/Cheese Sandwiches</b></p>	<p>4 <b>Chris's Macaroni Salad</b></p>	<p>5 <b>Victoria's Red Beans &amp; Rice</b></p>	<p>6 <b>Kenny's Baked Tilapia With Rice &amp; Veggies</b></p>	<p>7 <b>Mark's Quiche</b></p>
<p>10 <b>Emily P&amp;J Sandwiches</b></p>	<p>11 <b>Chris's Entree Manicotti</b></p>	<p>12 <b>Valerie's Chicken Enchilada</b></p>	<p>11 <b>Kenny's Black Beans &amp; Rice</b></p>	<p>14 <b>Emily's Turkey Burger Bar</b></p>
<p>17 <b>Wilbert's Tuna/ Cheese Sandwiches</b></p>	<p>18 <b>Chris's Ground Turkey with Rice &amp; veggies</b></p>	<p>19 <b>Victoria's Black Beans &amp; Rice</b></p>	<p>20 <b>Kenny's Cheesy Bean Casserole</b></p>	<p>21 <b>Holiday Party</b></p>
<p>24 <b>Scott Lasagna Rolls</b> CLOSING AT 5:30 PM</p>	<p>25 <b>Closed Happy Holidays</b></p>	<p>26 <b>Valerie's Vegartian Chili</b></p>	<p>27 <b>Kenny's Baked Ziti</b></p>	<p>28 <b>Emily's Breaded Chicken With Mashed potatoes &amp; Veggies</b></p>
<p>31 <b>Michael's Tuna/ Cheese Sandwiches</b> CLOSING AT 5:30 PM</p>				