



Rainbow Heights Club

Monthly Menu - February 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 Kenny's Cheesy Bean Casserole | 2 Perry's Quiche |
| 5 Victoria's Tuna/ Cheese Sandwiches Talía | 6 Sunny's Breakfast Burrito | 7 Valerie's Vegartian Chili | 8 Kenny's Ravioli Pasta | 9 Ricci's Breaded Chicken with Rice & veggies Perry |
| 12 Jillian's P & J Sandwiches Rebecca | 13 Sunny's Red Beans & Rice | 14 Sunny's Chicken With Rice & veggies | 15 Kenny's Bake Ziti | 16 Talia's Tortellini Pasta |
| 19 Talia's Black Bean Burrito | 20 Sunny's Mac N Cheese | 21 Valerie's Tilapia Stew | 22 Kenny's Beans & Rice | 23 Perry's Hot Dog Bar |
| 26 Rebecca's Turkey Burger Bar | 27 Sunny's Macaroni Salad | 28 Sunny's Chicken with Potatoes & veggies | | |