



Monthly Menu - March 2019

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 Mark's Quiche
4 Mani's Tuna/Cheese Sandwiches	5 Quannette's Chicken - & Rice Veggies	6 Rafael's Red Beans & Rice	7 Rafael's Egg Noodles & Veggies	8 Sandra's Rosemary Lemon Chicken With Rice & Veggie
11 Pete & Terence's P & J sandwiches	12 Quannette's Chicken With Red Beans & Rice	13 Valerie's Eggplant stew with Chic Peas	14 Rafael's Tilapia With Rice & Veggies	15 Mark's Turkey Burger Bar
18 Jillian's Tuna/ Cheese Sandwiches	19 Quannette's Turkey Meatloaf With Mashed Potatoes	20 Rafael's Ravioli Pasta	21 Rafael's Mac N Cheese	22 Mark's Hot Dog Bar
25 Bo's Breakfast Burrito	26 Quannette's BBQ Chicken With Rice & Veggies	27 Valerie's Chicken Pasta	28 Rafael's Tomatoes Soup & Grilled Cheese sandwiches	29 Rafael's Macaroni Salad

