



Monthly Menu - May 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 Leah's Egg Salad	2 Margo's Black Bean Burrito	3 Sunny's Chicken & Rice	4 Mike's Tortellini Pasta Dinner	5 Sunny's Quiché
8 Leah's Tuna/Cheese Sandwiches	9 Bernis's Breakfast Burrito	10 Valerie's Chickpeas & Egg Plant Stew	11 Mike's Turkey Burger Bar	12 Sunny's Baked Chicken with Rice & Veggies
15 Sunny's Macaroni Salad	16 Quannette's Curry Chicken With Rice & Beans	17 Mike L's Baked Ziti	18 Mike's Cheesy Bean Casserole	19 Mike L.'s Mac N Cheese
22 Roy's Peanut Butter Sandwiches	23 Danny's Taco Tuesday	24 Valerie's Vegetarian Chili	25 Quannette's Turkey Meatloaf With Mashed Potatoes	26 Sunny's Hot Dog Bar
29 Closed Memorial Day	30 Bernis's Red Beans & Rice	31 Valerie's Chicken Enchiladas		