



# Monthly Menu - May 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 <b>Sunny's Tuna/ Cheese Sandwiches</b>	2 <b>Sunny's Black Beans &amp; Rice</b>	3 <b>Kenny's Ground Turkey With Rice &amp; Veggies</b>	4 <b>Perry's Quiche</b>
7 <b>Jillian's Tuna/ Cheese Sandwiches</b>	8 <b>Bernis Turkey Chili</b>	9 <b>Valerie's Eggplant stew with Chic Peas</b>	10 <b>Kenny's Cheesy Bean Casserole</b>	11 <b>Claribel's Hot Dog Bar</b>
14 <b>Rebecca W. Tortellini Pasta Dinner</b>	15 <b>Sunny's Tuna Pasta salad</b>	16 <b>Sunny's Black Beans &amp; Rice</b>	17 <b>Kenny's Baked Ziti</b>	18 <b>Mark's Grill Cheese &amp; Potatoes Tots</b>
21 <b>Michelai's P &amp; J Sandwiches</b>	22 <b>Sunny's Breakfast Burrito</b>	23 <b>Valerie's Chicken Pasta</b>	24 <b>Kenny's Red Beans &amp; Rice</b>	25 <b>Jasmine's Mac N Cheese</b>
28 <b>CLOSED For Memorial Day</b>	29 <b>Sunny's Egg Salad</b>	30 <b>Sunny's Hot Dog Bar</b>	31 <b>Kenny's Ravioli Pasta</b>	