



# Monthly Menu -

# November 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 <b>Valerie's Chickpeas &amp; Egg Plant Stew</b>	2 <b>Dara's Chicken With Rice &amp; Veggies</b>	3 <b>Perry's Quiche</b>
6 <b>Mani's Tuna/ Cheese Sandwiches</b>	7 <b>Mark's Curry Chicken - Rice &amp; Peas &amp; Carrots</b>	8 <b>Sunny's Tuna Pasta Salad</b>	9 <b>Cesar's Cheesy Bean Casserole</b>	10 <b>Talia's Turkey Burger Bar</b>
13 <b>Victoria's P &amp; J Sandwiches</b>	14 <b>Sunny's Breakfast Burrito</b>	15 <b>Valeria's Tilapia Stew</b>	16 <b>Cesar's Black Beans &amp; Rice</b>	17 <b>Claribel's Chicken With Rice &amp; Veggies</b>
20 <b>Dara's Tuna/ Cheese Sandwiches</b>	21 <b>Thanksgiving Dinner</b>	22 <b>Sunny's Black Beans &amp; Rice</b>	23 <b>Closed</b>	24 <b>Perry's Mac N Cheese</b>
27 <b>Rebecca's Macaroni Salad</b>	28 <b>Sunny's Chicken &amp; Rice</b>	29 <b>Valerie's Chicken Pasta</b>	30 <b>Cesar's Hot Dog Bar</b>	