



# Monthly Menu - October 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.



2 <b>Mani's Tuna/ Cheese Sandwiches</b>	3 <b>Sunny's Chicken With Rice &amp; Veggie</b>	4 <b>Sunny's Black Beans &amp; Rice</b>	5 <b>Mike's Cheesy Bean Casserole</b>	6 <b>Talia's Quiche</b>
9 <b>CLOSED</b>	10 <b>Sunny's Tuna / Cheese Sandwiches</b>	11 <b>Valerie's Chicken Enchilada</b>	12 <b>Mike's Ground Turkey With Rice &amp; Veggies</b>	13 <b>Perry's Turkey Burger Bar</b>
16 <b>Jillian's P &amp; J Sandwiches</b>	17 <b>Bernis's Turkey Burrito</b>	18 <b>Sunny's Tuna Pasta Salad</b>	19 <b>Mike's Bake Chicken with Rice &amp; Veggies</b>	20 <b>Talia's Tortellini Pasta Dinner</b>
23 <b>Rebecca W.'s Black Beans &amp; Rice</b>	24 <b>Sunny's Mac N Cheese</b>	25 <b>Valerie's Vegetarian Chili</b>	26 <b>Mike's Baked Ziti</b>	27 <b>Claribel's Hot Dog Bar</b>
30 <b>Claribel's Macaroni Salad</b>	31 <b>Sunny's Breakfast Burrito</b>			