

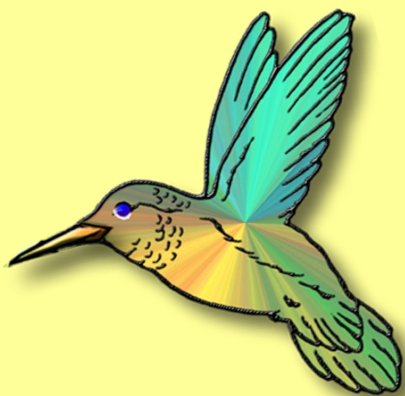


# Monthly Menu - August 2018

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 Ravioli Pasta Dinner</b>	2 <b>Kenny's Baked Ziti</b>	3 <b>Mark's Quiche</b>
6 <b>Mani's Tuna/Cheese Sandwiches</b>	7 <b>Chris's Macaroni Salad</b>	8 <b>Jessica's Sheppard Pie</b>	9 <b>Kenny's Black Beans &amp; Rice</b>	10 <b>Wilbert's Turkey Burger Bar</b>
13 <b>Terrence &amp; Pete's P &amp; J Sandwiches</b>	14 <b>Chris's Breakfast Burrito</b>	15 <b>Jessica's Breaded Chicken With Rice &amp; veggies</b>	16 <b>Kenny's Cheesy Bean Casserole</b>	17 <b>Michelai's Grilled Chesses Sandwiches</b>
20 <b>Bernis's Entree^ Manicotti</b>	21 <b>Chris's Grounded Turkey with Rice &amp; Veggies</b>	22 <b>Sunny's Baked Tilapia</b>	23 <b>Kenny's Red Beans &amp; Rice</b>	24 <b>Mark's Hot dog Bar</b>
27 <b>Bernis's Tuna/ Cheese Sandwiches</b>	28 <b>Chris's Turkey Chili</b>	29 <b>Jessica's Knishes with Tuna</b> 2	30 <b>Kenny's Mac N Cheese</b>	31 <b>Sandra's Baked Veggie Lasagna</b>