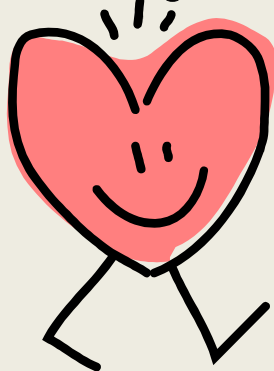




# Monthly Menu - February 2012

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 are served with all meals. Healthy afternoon and evening snacks . Menu is subject to change.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Kyle's Oatmeal Bar	2 John's Tuna Noodle Casserole	3 Shaine's Cheesy Pasta and Bean Casserole
6 Stephanie's Baked Ziti	7 Danée's Enchilada Baked Casserole	8 Kenny's Veggie Lasagna	9 John's Shepherd's Pie	10 Jillian's Pancake Dinner
13 Hen's Chicken Wings	14 Danée's Quiche	15 Kenny's Chicken Stir-fry	16 John's Kielbasa Stir-fry	17 K.C.'s Meatloaf & Cornbread with Veggies
20 Darren's Tortellini Pasta	21 Quanette's Curry Chicken	22 Christian's Veggie Chili	23 John's Taco Fiesta	24 K.C.'s Chicken Stir-fry
27 Rebecca's Stir-fry	28 Musa's Japanese Curry Bowl	29 Randy's Spaghetti & Meat Balls		