



# Monthly Menu - January 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.



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|--|--|---|---|--|
| 1<br><b>CLOSED</b>                                     | 2<br><b>Sunny's P &amp; J Sandwiches</b>                         | 3<br><b>Sunny's Black Beans &amp; Rice</b>          | 4<br><b>Perry's Chicken With Rice &amp; Veggies</b> | 5<br><b>Claribel's Quiche</b>          |
| 8<br><b>Mani's Tuna/ Cheese Sandwiches</b><br>Claribel | 9<br><b>Mark's Curry Chicken - Rice &amp; Peas &amp; Carrots</b> | 10<br><b>Valerie's Eggplant stew with Chic Peas</b> | 11<br><b>Kenny's Cheesy Bean Casserole</b>          | 12<br><b>Talia's Turkey Burger Bar</b> |
| 15<br><b>MLK Birthday</b><br><b>CLOSED</b>             | 16<br><b>Sunny's P &amp; J Sandwiches</b>                        | 17<br><b>Sunny's Tuna Pasta salad</b>               | 18<br><b>Cesar's Black Beans &amp; Rice</b>         | 19<br><b>Claribel's Mac N Cheese</b>   |
| 22<br><b>Talia's Tuna/ Cheese Sandwiches</b>           | 23<br><b>Sunny's Breakfast Burrito</b>                           | 24<br><b>Valerie's Chicken Pasta</b>                | 25<br><b>Dara's Tortellini Pasta Dinner</b>         | 26<br><b>Talia's Chicken Soup</b>      |
| 29<br><b>Claribel's Hot Dog Bar</b>                    | 30<br><b>Danny's Taco Tuesday</b>                                | 31<br><b>Sunny's Macaroni Salad</b>                 |   |  |