



# Monthly Menu - March 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>Kenny's Red Beans With Rice &amp; Veggies</b>	2 <b>Perry's Quiche</b>
5 <b>Jillian's Tuna/ Cheese Sandwiches</b> Talia	6 <b>Bernis's Turkey Burrito</b>	7 <b>Valeria's Eggplant stew with Chic Peas</b>	8 <b>Kenny's Cheesy Bean Casserole</b>	9 <b>Mark's Curry chicken with Rice &amp; Veggies</b> Jasmine
12 <b>Victoria's P &amp; J Sandwiches</b> Rebecca W.	13 <b>Chris's Tuna Pasta salad</b>	14 <b>Ricci's Breaded Chicken with Rice &amp; Veggie</b>	15 <b>Cesar's Tortellini Pasta</b>	16 <b>Claribel Grill Cheese and Potatoes Tots</b>
19 <b>Talia's Tuna/ Cheese Sandwiches</b>	20 <b>Sunny's Breakfast Burrito</b>	21 <b>Valerie's Chicken Pasta</b>	22 <b>Kenny's Baked Ziti</b>	23 <b>Perry's Turkey Burger Bar</b>
26 <b>Michelai's P &amp; J Sandwiches</b> Talia	27 <b>Sunny's Black Bean Burrito</b>	28 <b>Claribel's Mac N Cheese</b>	29 <b>Kenny's Ground Turkey With Rice &amp; Veggies</b>	30 <b>Mark's Hot Dog Bar</b> Claribel

