



# March 2010



**Rainbow Heights Club is a psychosocial 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 & evening snacks—such as fresh veggies with hummus, fresh fruit, or cheese & crackers—are served daily. Healthy evening snacks are provided Tuesday-Friday. Menu is subject to change.**

| SUNDAY                                 | MONDAY  | TUESDAY                                  | WEDNESDAY                                      | THURSDAY                           | FRIDAY                                     | SATURDAY |
|--|---|--|--|------------------------------------|--|----------|
|  | 1 Mike's Monte Cristo Sandwiches                    | 2 Raymond's Spaghetti & Meatballs        | 3 Quannette's Chicken, Cabbage, Sweet Potatoes | 4 John's Tuna Noodle Casserole     | 5 Dominique & Eileen's Chicken Cordon Bleu | 6        |
| 7 Scrambled Eggs w/Chz & Tator Tots    | 8 Mike's Thai Chicken and Veggie Stir Fry           | 9 Quannette's Tilapia, Mash, Green Beans | 10 Jackie's Spinach Lasagna                    | 11 John's Cheesy Manwich Casserole | 12 Hen's Baked Macaroni                    | 13       |
| 14 Oatmeal Bar/ Boiled Eggs & Sausages | 15 Mike's Macaroni and 4 cheeses with mixed veggies | 16 Rico's Pizza Night                    | 17 Quannette's Meal TBA                        | 18 John's Sausage & Peppers, Pasta | 19 Alma's Franks & Beans, Corn Bread       | 20       |
| 21 Pancakes & Bacon                    | 22 Mike's Spicy African Peanut Soup                 | 23 Quannette's Meal TBA                  | 24 Salad Bar Night                             | 25 John's Tortellini Dinner        | 26 SPRING FLING OPEN HOUSE PARTY           | 27       |
| 28 Egg & Cheese Breakfast Burritos     | 29 Mike's Asian Glazed Pork Chops with Potato Salad | 30 Mikey D's Vegetarian Chili            |  |                                    |  |          |