



# September 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 Jon Paul's Veg or Turkey Lasagna	2 John's Salad Bar Night	3 Michelle's Tuna Sandwiches, Pasta Salad	4n
5 Julienne's Bacon, Egg & Cheese, Tater Tots	6 CLUB CLOSED Happy Labor Day!	7 Mike's Baked Tilapia with Roasted Garlic Mash	8 Musa's Japanese Pork in Brown Sauce, Rice	9 John's Burrito Bar Night	10 Nicole & Ben's BLT Wraps, Fries	11
12 Michelle's Pancakes & Sausage	13 D & D's Chicken Paprikash over Brown	14 Michelle's Turkey or Veg Burger Bar	15 Mike's Pizza Night	16 John's Shepherd's Pie	17 Hen's Special Chicken Wings	18
19 Julienne's Hot Oatmeal Bar, Boiled Eggs, Sausage	20 Nat's Deli Sandwich Night	21 Nicole's Spaghetti Carbonara	22 D & D's Swedish Meatballs	23 John's Smoke Sausage Dinner	24 <b>HOME COMING OPEN HOUSE!!!</b>	25
26 Michelle's Waffles & Turkey Bacon	27 Ravioli, Veg, Garlic Bread	28 Michelle's Pasta & Meatballs, Veg	29 D & D's Chicken in Mushroom Sauce, Rice	30		