

# WEEKLY MEALS

# KERI'S WEEKLY KITCHEN

## **M:**

KEENAN'S CHILI

## **T:**

TACO TUESDAY

## **W:**

SHEPHERD'S PIE\*

## **T:**

PASTA WITH HEMP HEARTS\*

## **F:**

PIZZA AND SALAD

## **S:**

CURRIED BEAN & CORN BREAD SOUP\*\*

## **S:**

LEFTOVERS

## **OTHER:**

BACON AND APPLE-LOADED SPELT  
PANCAKES\*

ROASTED SWEET POTATO AND  
BLUEBERRY MUFFINS\*