

WEEKLY MEALS

KERI'S WEEKLY VEGETARIAN

M:

PASTA WITH HEMP HEARTS* + SHRIMP

T:

TACO SALAD

W:

PORK TENDERLOIN, BAKED POTATO AND
SALAD

T:

TOMATO SOUP AND GRILLED CHEESE

F:

SHEPHERD'S PIE*

S:

PIZZA AND SALAD

S:

SPAGHETTI