



# Foss Fall/Winter Meals



## Sunday

### Get Yo' Man Chicken

Butternut risotto

green beans

## Monday

### Curried Chicken Soup

Pumpkin bread

## Tuesday

### African meatballs

couscous

mixed greens

## Wednesday

Rotisserie Chicken and Swiss Paninis with  
Sundried Tomatoes, Spinach and Swiss  
Cheese

## Thursday

### Slow Cooked Pork Chops with Apples and Onions

Sweet Potatoes

Brussels Sprouts

## Friday

Pasta with Spinach Pesto

green salad

Basic bread

## Saturday

Flank Steak

Baked Sweet Potatoes

Salad

