



# Foss Fall/Winter Meals



## Sunday

[Rustic Chicken](#)

[Butternut Risotto](#)

Roasted Broccoli

## Monday

[Chicken Tikka Masala](#)

coconut rice

## Tuesday

Chili

Grilled Cheese

## Wednesday

Split Pea Soup

corn muffins

## Thursday

[Beef Stew](#)

cornbread

## Friday

[White Bean Soup](#)

Rustic Bread

## Saturday

Fajitas w/ Grilled chicken

