



MEDWELL MEALS FOR THE WEEK

MONDAY



Mushroom Brie Open Faced Sandwich

This dish is perfect to “WOW” your guests if your entertaining, or it simply works for a quick Monday night meal. It's very flexible and can be complemented with a broth based soup or a salad of choice. Enjoy with a crisp glass of white wine. [Click here for the recipe.](#)

TUESDAY



Miso Soup

The magic of miso soup! The perfect starter to any Asian inspired meal! Enjoy some miso soup, and prepare some rice topped with sautéed shrimp and vegetables in an Asian flavored sauce of your choice. “Wa-La” a coursed out dinner is ready to be served. [Click here for the recipe.](#)

WEDNESDAY



Lentils with Bulgur

This is a Middle Eastern flavored meal. And it's actually known as peasant man's food. The secret is to make sure you give the onions time to caramelize. The flavors of this dish only deepen over time, so you'll really enjoy your leftovers too! Complement it with a tomato, cucumber salad tossed with olive oil, lemon juice, salt and pepper. [Click here for the recipe.](#)

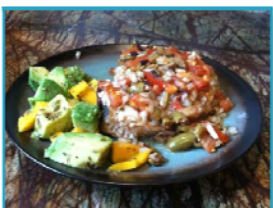
THURSDAY



Bacon Wrapped Tenderloin

Um... need we say more? Yum is right! Complement this recipe with some roasted sweet potatoes and a nice glass of beer. The meal speaks for itself. The only thing you might have to deal with are neighbors knocking on your door as a result of you making the neighborhood smell so good. [Click here for the recipe.](#)

FRIDAY



Swordfish with Mediterranean Salsa

Play vacation tonight. Make this wonderful dish and complement it with some roasted asparagus and a side of couscous. Lay out the table cloth, light a candle, pour some white wine and put on some dinner music. Relax and pretend you are on vacation enjoying every bite of this delightful meal in the comfort of your own home! [Click here for the recipe.](#)