



MEDWELL MEALS FOR THE WEEK

MONDAY



Caesar Salad

A Caesar salad can be a base for a satisfying meal. Just consider topping it with some cooked or grilled shrimp or fish, or sliced boiled eggs. And making croutons is the perfect thing to do with bread that is starting to become stale. [Click here for the recipe.](#)

TUESDAY



Beef Stew

The winter months are winding down so consider taking advantage of this warming stew option. The flavors really meld over time making it the perfect leftover dish too. [Click here for the recipe.](#)

WEDNESDAY



White Beans

These white beans are very flexible and can be complemented with a broth based soup of choice or a salad and a nice piece of crusty bread. Make the beans and take it from there. [Click here for the recipe.](#)

THURSDAY



Braised Beer Pork Tacos

The braising technique used in this recipe adds such depth to the flavor; you'll notice that you'll want to start using the braising technique more often. [Click here for the recipe.](#)

FRIDAY



Corn, Zucchini, Tomato Sauté

A perfect quick and colorful meal! This works well complementing shell fish, fish, or chicken. And it's a great dish to take to a potluck... the colors add beauty to the table! [Click here for the recipe.](#)