



MEDWELL MEALS FOR THE WEEK

MONDAY



Extremely Easy Cole Slaw

Mondays always seems to be quite busy, and so it's usually the perfect night for a quick meal. Coleslaw is the perfect complement to a variety of sandwiches. In addition, it works nice as a sandwich topping all in itself. Try this easy coleslaw recipe and complement it with a sandwich of choice.

[Click here for the recipe.](#)

TUESDAY



Clam Chowder

This clam chowder recipe is so easy to make. It's a good base if you want to make some variations such as adding corn or celery. You can also double the recipe and have leftovers for lunches. [Click here for the recipe.](#)

WEDNESDAY



Roasted Cauliflower

This is a simple yet satisfying side dish to complement a variety of other foods. Simply toss the cauliflower with oil and spices and let it roast. While it is roasting, prepare some chicken, fish, or an Indian flavored bean dish to complement it. [Click here for the recipe.](#)

THURSDAY



Yogurt Based Tuna Salad

It's been a busy week, and it doesn't seem to be letting up. This is a quick and easy tuna salad option that can be simply prepared with things you already have in the fridge and pantry. [Click here for the recipe.](#)

FRIDAY



Crockpot Chicken Cacciatore

Well the weekend is here, and you've made it through another busy week! Let your personal chef cook for you while you're at work. Tonight enjoy chicken cacciatore. [Click here for the recipe.](#)