



MEDWELL MEALS FOR THE WEEK

MONDAY



Salmon and Spinach Pasta

This recipe can be prepared with fresh, cooked, or canned salmon. Try to always keep the basic ingredients of this recipe stored in the pantry for a night when you need a quick meal. [Click here for the recipe.](#)

TUESDAY



Last Lasagna

Look no further ... this lasagna will knock your socks off! Leftovers are even better. Plan on enjoying these leftovers with a salad for some upcoming lunches. [Click here for the recipe.](#)

WEDNESDAY



Tuscan Bean Soup

Such a hearty and healthy soup. The bonus of this dish ... it's easy to make! Serve alongside a tomato, fresh mozzarella salad. This another dish in which the leftovers are even better. [Click here for the recipe.](#)

THURSDAY

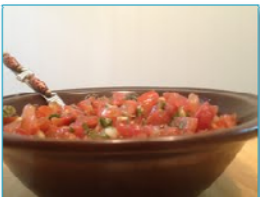


Barley Casserole

Barley seems to be one of those grains that many of us have heard of but are unsure how to prepare. It is a flavorful grain that complements a variety of dishes and can be used in numerous ways. Enjoy this side dish alongside some roasted chicken and a vegetable of choice.

[Click here for the recipe.](#)

FRIDAY



Bruschetta

It's time for tapas night. If you can, make this bruschetta at least a few hours in advance or even up to a day in advance to allow the flavors to meld. Serve this alongside other tapas of choice such as some hummus, sliced prosciutto, cheeses, and olives.

[Click here for the recipe.](#)