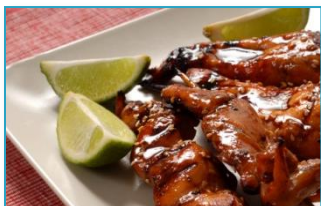




MEDWELL MEALS FOR THE WEEK

MONDAY



Sesame Chicken

Open sesame! This chicken dish is so easy to make and the sesame seeds take it to the next level. Instead of using salt the recipe calls for soy sauce so experiment with using this flavor. [Click here for the recipe.](#)

TUESDAY



Caprese Salad

A perfect dish to make with tomatoes fresh out of the garden! This salad is refreshing and can be enjoyed as a side or main dish! Or even place it on a baguette to enjoy a caprese sandwich. [Click here for the recipe.](#)

WEDNESDAY



Ricotta Pasta

Let's have fun tonight!! Take this recipe and play with it by adding spinach, broccoli, or some of your favorite green veggies!

[Click here for the recipe.](#)

THURSDAY



Beer Braised Pork Tacos

I feel like tacos tonight!!! Put a spin on the beef tacos and make them with some pork. Enjoy these with a side of guacamole.

[Click here for the recipe.](#)

FRIDAY



Clam Chowder

Let's have a clam bake! Enjoy a night with some friends by the bonfire and make some clam chowder tonight and enjoy a salad on the side.

[Click here for the recipe.](#)