



MEDWELL MEALS FOR THE WEEK

MONDAY



Salmon and Spinach Pasta

This recipe can be prepared with fresh, cooked, or canned salmon. It's a great recipe because it uses the basic ingredients stored in the pantry and it's 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; so plan on enjoying it again, with a salad, for some upcoming lunches. [Click here for the recipe.](#)

WEDNESDAY



Tuscan Bean Soup

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

THURSDAY

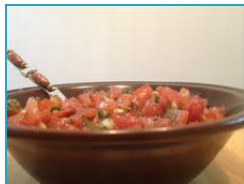


Barley Casserole

Barley seems to be one of those grains that many have heard of but are not sure how to prepare it. 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 a few hours to a day in advance to allow the flavors to meld. Serve this alongside other tapas of choice such as some hummus, sliced prosciutto and cheeses, olives, and of course some wine.

[Click here for the recipe.](#)