



MEDWELL MEALS FOR THE WEEK

MONDAY



Cheesy Vegetable Strata

This casserole recipe serves for the perfect brunch, lunch, or dinner. Serve alongside a salad or maybe some fresh sliced fruit. Also enjoy leftovers the next day. [Click here for the recipe.](#)

TUESDAY



Beets and Roasted Carrots

Busy night? Pick up a roasted chicken on the way home and come home and complement it by making some beets and roasted carrots. [Click here for the recipe.](#)

WEDNESDAY



Greek Lemon Soup

The chill is in the air. The weather is starting to cool down. Nothing like coming home and enjoying a wonderful bowl of Greek lemon soup. Complement this soup with a side of sautéed veggies and shrimp. [Click here for the recipe.](#)

THURSDAY



Swiss Chard with Golden Raisin and Pine-nuts

This is the perfect fall side dish to complement a variety of main dishes. Serve alongside some roasted chicken or pork chops. [Click here for the recipe.](#)

FRIDAY



Tortellini Soup

This is a quick and easy soup to make with basic ingredients. This soup is so hearty and satisfying. Enjoy alongside a salad and a glass of red wine. [Click here for the recipe.](#)