



MEDWELL MEALS FOR THE WEEK

MONDAY



Pumpkin Cranberry Muffins

It's the season for pumpkins and cranberries. So keep dinner simple tonight. Pick up a roasted chicken and complement it with a side of sautéed veggies of choice. Then for dessert enjoy a pumpkin cranberry muffin. [Click here for the recipe.](#)

TUESDAY



Baked Pineapple

This is a fabulous side dish for the Thanksgiving meal. So give it a try tonight and see if this is something you'd like to incorporate into your menu. Complement this dish with some of the left-over chicken from last night and a side of broccoli. [Click here for the recipe.](#)

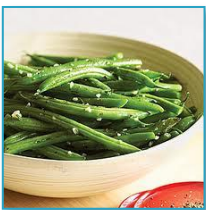
WEDNESDAY



Barley Casserole

Another dish that makes a great Thanksgiving side. Enjoy this dish with some baked fish and veggies of choice. [Click here for the recipe.](#)

THURSDAY



Garlic Green Beans

Tonight enjoy this dish to complement some pork chops and mashed potatoes. [Click here for the recipe.](#)

FRIDAY



Kale Chips

Enjoy some spaghetti and begin the meal with this appetizer. It's also a nice appetizer to serve around the Thanksgiving season as it is lighter and a healthier option. [Click here for the recipe.](#)