



MEDWELL MEALS FOR THE WEEK

MONDAY



Tuna Mushroom Melt

It's Monday, let's be honest, nobody wants to be stuck in the kitchen on the first day back in the office. This dish only takes minutes to put together and is fantastic! [Click here for the recipe.](#)

TUESDAY



Mac and Cheese

Let's ditch the boxed mac and cheeses and make the real thing. Not only does it taste better, but it's also better for you! You'll love this meal and so will the kids! [Click here for the recipe.](#)

WEDNESDAY



Salmon Patties

The work week is halfway over, hooray! Try this delicious and nutritious quick meal! Seasoning is to your liking so play with your food! [Click here for the recipe.](#)

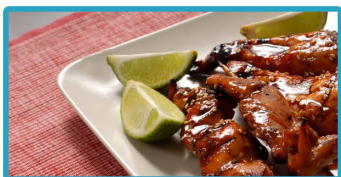
THURSDAY



Angel Hair with Veggies

Everybody loves pasta! Just throw your favorite veggies into this dish and you'll have a meal you and the family will love! [Click here for the recipe.](#)

FRIDAY



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. Enjoy this meal with our spiced rice recipe. [Click here for recipe.](#)