

AUTUMN COLLECTION

WEEKLY MEAL PLANNER



BROUGHT TO YOU BY *el gūsto*

WEEKLY MEAL PLANNER

30.10.23 - 03.11.23

MONDAY

MAIN: CHICKEN & WILD RICE SOUP

APPROX. 1 HOUR 35 MIN



TUESDAY

MAIN: LAMB KOFTA FLATBREADS WITH SMASHED CUCUMBER

APPROX. 1 HOUR 45 MIN



WEDNESDAY

MAIN: CRISPY SESAME CHICKEN WITH STICK ASIAN SAUCE

APPROX. 40 MIN

SIDE: CARROT & CUMIN FRITTERS

APPROX. 30 MIN



THURSDAY

MAIN: OSSO BUCO RAGÙ WITH PAPPARDELLE

APPROX. 3 HOURS 30 MIN



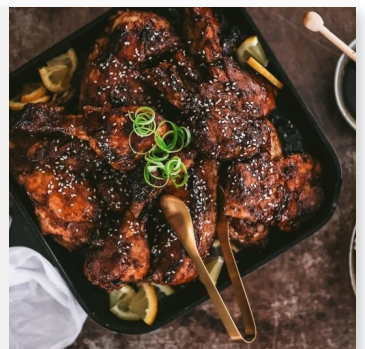
FRIDAY

MAIN: HONEY GLAZED CHICKEN PIECES

APPROX. 1 HOUR 25 MIN

SIDE: SWEET POTATO & BACON SALAD

APPROX. 1 HOUR

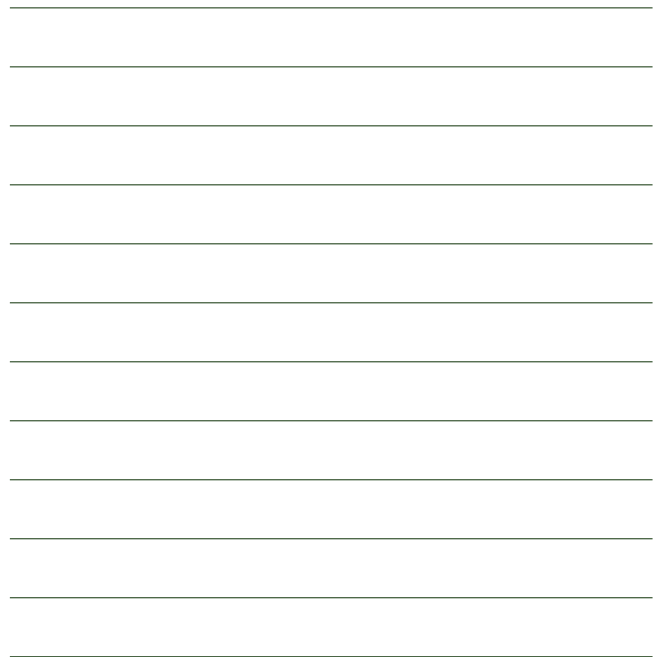


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APPROX. 45 MIN



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