

SPRING COLLECTION

# WEEKLY MEAL PLANNER



BROUGHT TO YOU BY *el gusto*

# WEEKLY MEAL PLANNER

06.11.23 - 10.11.23

MONDAY

MAIN: LOADED AVOCADO ON TOAST

APPROX. 35 MIN



TUESDAY

MAIN: BEEF STEAK FAJITAS

APPROX. 35 MIN

SIDE: CORN & AVOCADO SALAD

APPROX. 10 MIN



WEDNESDAY

MAIN: SLOW-COOKED LAMB SHOULDER

APPROX. 4 HRS

SIDE: PEAS & BEANS WITH MINTED BUTTER

APPROX. 10 MIN



THURSDAY

MAIN: SWEET CHILLI & LIME SALMON

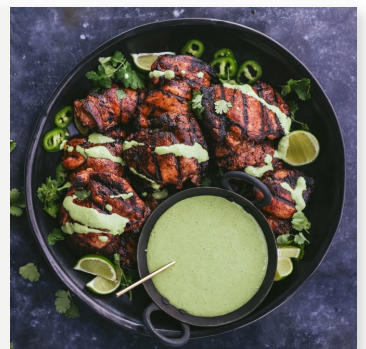
APPROX. 30 MIN



FRIDAY

MAIN: SOUTH AMERICAN CHICKEN WITH GREEN SAUCE

APPROX. 45 MIN



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## WEEKEND INSPIRATION

## PEAR & CARAMELISED ONION TARTS

APPROX. 45 MIN



**CAMPUS&CO.**

# Your Superstore

## SHOPPING LIST

[illegible]

"A delightful balance of flavours and textures, the perfect last-minute side or appetizer for entertaining!"

## Pear & Caramelised Onion Tarts

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