

WINTER COLLECTION

WEEKLY MEAL PLANNER



BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

05.02.24 - 09.02.24

MONDAY

MAIN: BROCCOLI & SPINACH SOUP WITH LEMON CREAM

APPROX. 40 MIN



SIDE: MINI PIZZAS BIANCA

APPROX. 45 MIN



TUESDAY

MAIN: CHICKEN & BACON CASSEROLE

APPROX. 1 HR 10 MIN



WEDNESDAY

MAIN: SEARED HARISSA STEAK FLATBREAD WITH
SWEET POTATO FRIES

APPROX. 35 MIN



THURSDAY

MAIN: BEEF STEW WITH PARSLEY DUMPLINGS

APPROX. 2 HRS 30 MIN

SIDE: ROASTED CARROTS WITH HERBY SAUCE

APPROX. 40 MIN



FRIDAY

MAIN: CRISPY CHICKEN WINGS WITH TWO SAUCES

APPROX. 1 HR 35 MIN

SIDE: RAG PASTA WITH MUSHROOMS & BACON CRUMB

APPROX. 50 MIN



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WEEKEND INSPIRATION

LAMB & POPPY SEED SAUSAGE ROLLS

APPROX. 50 MIN



CAMPUS&CO.

Your Superstore

SHOPPING LIST

[illegible]

"Recipes by the Community for the Community, now that is just amazing! Tried and tested, and the recipes are appropriate for our way of life, plus all the ingredients are easy to come by."

Housewife AU

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INGREDIENTS:

MONDAY

BROCCOLI & SPINACH SOUP WITH LEMON CREAM

- ☐ olive oil
- ☐ brown onion
- ☐ garlic cloves
- ☐ vegetable stock
- ☐ potatoes
- ☐ Tuscan seasoning
- ☐ broccoli
- ☐ baby spinach leaves
- ☐ crème fraîche
- ☐ lemon rind
- ☐ salt
- ☐ pepper

MINI PIZZAS BIANCA

- ☐ basil leaves
- ☐ garlic cloves
- ☐ pine nuts
- ☐ parmesan cheese
- ☐ olive oil
- ☐ salt
- ☐ pepper
- ☐ ready-made pizza dough
- ☐ mozzarella
- ☐ black olives
- ☐ fresh rosemary

TUESDAY

CHICKEN & BACON CASSEROLE

- ☐ eggs
- ☐ milk
- ☐ parmesan
- ☐ sea salt
- ☐ black pepper
- ☐ dried mixed herbs
- ☐ smoked paprika/red pepper flakes
- ☐ spinach, fresh or frozen
- ☐ sourdough/ciabatta/baguette
- ☐ shredded or diced chicken
- ☐ bacon or ham
- ☐ roast vegetables
- ☐ grated cheese
- ☐ parsley

WEDNESDAY

SEARED HARISSA STEAK FLATBREAD WITH SWEET POTATO FRIES

- ☐ olive oil
- ☐ sirloin steaks
- ☐ harissa paste
- ☐ smoked sea salt flakes
- ☐ frozen sweet potato fries
- ☐ salt
- ☐ pepper
- ☐ paprika
- ☐ flatbreads
- ☐ double cream
- ☐ mayonnaise
- ☐ lime
- ☐ avocados
- ☐ cherry tomatoes/grape tomatoes
- ☐ homemade chimichurri
- ☐ pea shoots
- ☐ feta

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INGREDIENTS:

THURSDAY

BEEF STEW WITH PARSLEY DUMPLINGS

- | | | |
|---|---|--|
| <input type="checkbox"/> beef chuck steak | <input type="checkbox"/> carrots | <input type="checkbox"/> eggs |
| <input type="checkbox"/> plain flour | <input type="checkbox"/> dry red wine | <input type="checkbox"/> parmesan cheese |
| <input type="checkbox"/> olive oil | <input type="checkbox"/> beef stock | <input type="checkbox"/> fresh parsley |
| <input type="checkbox"/> butter | <input type="checkbox"/> fresh thyme | <input type="checkbox"/> sundried tomatoes |
| <input type="checkbox"/> onions | <input type="checkbox"/> self-raising flour | |
| <input type="checkbox"/> garlic | <input type="checkbox"/> milk | |

ROASTED CARROTS WITH HERBY SAUCE

- | | | |
|---|---|--|
| <input type="checkbox"/> carrots with tops | <input type="checkbox"/> fresh parsley leaves | <input type="checkbox"/> crumbled feta |
| <input type="checkbox"/> extra virgin olive oil | <input type="checkbox"/> lemon | <input type="checkbox"/> pistachios |
| <input type="checkbox"/> sea salt | <input type="checkbox"/> garlic clove | <input type="checkbox"/> black pepper |

FRIDAY

CRISPY CHICKEN WINGS WITH TWO SAUCES

- | | |
|--|---|
| <input type="checkbox"/> chicken wings | <input type="checkbox"/> sriracha sauce |
| <input type="checkbox"/> salt | <input type="checkbox"/> sesame oil |
| <input type="checkbox"/> pepper | <input type="checkbox"/> blue cheese |
| <input type="checkbox"/> chilli sauce | <input type="checkbox"/> mayonnaise |
| <input type="checkbox"/> butter | <input type="checkbox"/> crème fraiche/sour cream |
| <input type="checkbox"/> soy sauce | <input type="checkbox"/> fresh coriander/cilantro |

RAG PASTA WITH MUSHROOMS & BACON CRUMB

- | | |
|---|---|
| <input type="checkbox"/> extra virgin olive oil | <input type="checkbox"/> lemon rind |
| <input type="checkbox"/> sourdough bread | <input type="checkbox"/> portobello mushrooms |
| <input type="checkbox"/> bacon | <input type="checkbox"/> white wine |
| <input type="checkbox"/> butter | <input type="checkbox"/> pouring cream |
| <input type="checkbox"/> shallots/eschalots | <input type="checkbox"/> parmesan cheese |
| <input type="checkbox"/> garlic cloves | <input type="checkbox"/> fresh lasagne sheets |
| <input type="checkbox"/> fresh thyme | |

WEEKEND

LAMB & POPPY SEED SAUSAGE ROLLS

- | | |
|---|--|
| <input type="checkbox"/> panko breadcrumbs | <input type="checkbox"/> chilli flakes |
| <input type="checkbox"/> milk | <input type="checkbox"/> fresh rosemary |
| <input type="checkbox"/> olive oil | <input type="checkbox"/> mint jelly or sauce |
| <input type="checkbox"/> onion | <input type="checkbox"/> egg |
| <input type="checkbox"/> garlic | <input type="checkbox"/> frozen puff pastry |
| <input type="checkbox"/> lamb mince/ground lamb | <input type="checkbox"/> poppy seeds |
| <input type="checkbox"/> sea salt | <input type="checkbox"/> lamb jam or relish |
| <input type="checkbox"/> black pepper | |