



SPRING WEEKLY MEAL PLANNER

BROUGHT TO YOU BY *el gusto*

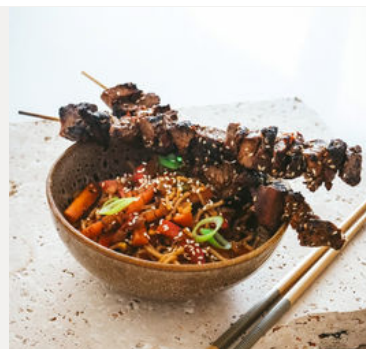
WEEKLY MEAL PLANNER

14.04.25 - 18.04.25

MONDAY

MAIN: LEFTOVER LAMB ASIAN STYLE

APPROX. 30 MINS



TUESDAY

MAIN: CURRIED CHICKEN PASTA BAKE

APPROX. 1 HR 5 MINS



WEDNESDAY

MAIN: PROSCIUTTO WRAPPED PORK TENDERLOIN
WITH POTATOES

APPROX. 1 HR 15 MINS

SIDE: PAN-FRIED STICKY CARROTS

APPROX. 27 MINS



THURSDAY

MAIN: CHICKEN TIKKA KEBABS WITH CUCUMBER
RAITA

APPROX. 30 MINS



FRIDAY

MAIN: GRILLED SALMON & QUINOA GLOW BOWLS

APPROX. 50 MINS



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WEEKEND INSPIRATION

MAIN: GLUTEN-FREE BISCUITS (SCONES).

APPROX. 30 MINS



CAMPUS&CO.
Your Superstore

SHOPPING LIST

“Absolutely delicious! Great for sending a meal to someone. so yum!!”

CURRIED CHICKEN PASTA BAKE

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WEEKLY MEAL PLANNER

14.04.25 - 18.04.25

INGREDIENTS:

MONDAY

LEFTOVER LAMB ASIAN STYLE

- | | |
|---|--|
| <input type="checkbox"/> lamb | <input type="checkbox"/> brown onion |
| <input type="checkbox"/> soy sauce | <input type="checkbox"/> carrots |
| <input type="checkbox"/> fish sauce | <input type="checkbox"/> Chinese five spice |
| <input type="checkbox"/> lemon juice | <input type="checkbox"/> capsicum/pepper |
| <input type="checkbox"/> red wine vinegar | <input type="checkbox"/> snow peas |
| <input type="checkbox"/> clove garlic | <input type="checkbox"/> red chilli |
| <input type="checkbox"/> ginger, minced | <input type="checkbox"/> spring onions/scallions |
| <input type="checkbox"/> brown sugar | <input type="checkbox"/> wok-ready rice noodles |
| <input type="checkbox"/> sesame seeds | |

TUESDAY

CURRIED CHICKEN PASTA BAKE

- ☐ mashing potatoes
- ☐ olive oil
- ☐ salt
- ☐ milk
- ☐ butter
- ☐ cream cheese
- ☐ French onion soup mix
- ☐ pulled pork
- ☐ barbecue sauce
- ☐ shredded cheese

WEDNESDAY

PROSCIUTTO WRAPPED PORK TENDERLOIN WITH POTATOES

- ☐ small potatoes
- ☐ olive oil
- ☐ cloves garlic
- ☐ salt/ pepper
- ☐ fresh rosemary
- ☐ pork tenderloin
- ☐ prosciutto or streaky bacon
- ☐ cherry tomatoes

PAN-FRIED STICKY CARROTS

- | | |
|---------------------------------------|--|
| <input type="checkbox"/> carrots | <input type="checkbox"/> salt/ pepper |
| <input type="checkbox"/> clove garlic | <input type="checkbox"/> cinnamon |
| <input type="checkbox"/> butter | <input type="checkbox"/> Fresh parsley |
| <input type="checkbox"/> brown sugar | |
| <input type="checkbox"/> olive oil | |

WEEKLY MEAL PLANNER

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INGREDIENTS:

THURSDAY

CHICKEN TIKKA KEBABS WITH CUCUMBER RAITA

- ☐ Greek yoghurt
- ☐ tikka marsala curry paste
- ☐ chicken breast fillets
- ☐ small cucumber
- ☐ tomato
- ☐ ground cumin
- ☐ fresh coriander
- ☐ shallot

FRIDAY

GRILLED SALMON & QUINOA GLOW BOWLS

- ☐ olive oil
- ☐ lemon
- ☐ curry powder
- ☐ apple cider vinegar
- ☐ honey or maple syrup
- ☐ raw quinoa
- ☐ fresh salmon
- ☐ fresh sweetcorn
- ☐ salt & pepper
- ☐ baby cucumbers
- ☐ mixed cherry tomatoes
- ☐ large carrot
- ☐ leafy fresh herbs, eg. basil, mint
- ☐ avocado

WEEKEND

GLUTEN-FREE BISCUITS (SCONES)

- ☐ gluten-free plain flour
- ☐ gluten-free baking powder
- ☐ bicarbonate soda
- ☐ salt
- ☐ butter
- ☐ egg
- ☐ buttermilk
- ☐ Any jam, honey, classic sausage gravy, extra butter, to serve