



SUMMER WEEKLY MEAL PLANNER

BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

14.07.25 - 18.07.25

MONDAY

MAIN: CHICKEN NOODLE STIR-FRY

APPROX. 45 MINS



TUESDAY

MAIN: SEAFOOD LASAGNA

APPROX. 50 MIN



WEDNESDAY

MAIN: TERIYAKI PORK FILLET BURGERS

APPROX. 2HR 50 MINS



THURSDAY

MAIN: AIR FRYER BASICS – ROAST BEEF

APPROX. 1 HR 40 MINS

SIDE: GRILLED FETA CORN

APPROX. 35 MINS



FRIDAY

MAIN: MEXICAN CHICKEN & MANGO SALSA TACO
CUPS WITH BASIL AIOLI

APPROX. 30 MINS



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WEEKEND INSPIRATION

MAIN: SHORT-ORDER PANCAKE
GRANOLA BREAKFAST CUPS

APPROX. 25 MINS

UNDER
30
MINUTES



CAMPUS&CO.

Your Superstore

SHOPPING LIST

“We were very impressed with the air fry beef! Full marks! The spicy coating we used seemed to get inside and flavour the meat very nicely.”

AIR FRYER BASICS – ROAST BEEF

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INGREDIENTS:

MONDAY

CHICKEN NOODLE STIR-FRY

- | | |
|--|--|
| <input type="checkbox"/> 2-minute noodles | <input type="checkbox"/> mixed frozen vegetables |
| <input type="checkbox"/> chicken thigh fillets | <input type="checkbox"/> soy sauce |
| <input type="checkbox"/> cornflour | <input type="checkbox"/> curry powder |
| <input type="checkbox"/> oil | |
| <input type="checkbox"/> grated ginger | |
| <input type="checkbox"/> garlic | |

TUESDAY

SEAFOOD LASAGNA

- ☐ lasagne sheets
- ☐ butter
- ☐ plain flour
- ☐ milk
- ☐ parmesan
- ☐ salt/pepper
- ☐ cottage or ricotta cheese
- ☐ egg
- ☐ minced garlic
- ☐ mozzarella
- ☐ parsley
- ☐ cooked prawns/shrimp
- ☐ lump crabmeat

WEDNESDAY

TERIYAKI PORK FILLET BURGERS

- ☐ pork fillet
- ☐ kale
- ☐ red cabbage
- ☐ savoy cabbage (or green cabbage)
- ☐ spring onions/scallions
- ☐ mayonnaise
- ☐ fresh coriander/cilantro leaves
- ☐ cornflour/cornstarch
- ☐ brioche buns
- ☐ fresh ginger
- ☐ fresh garlic
- ☐ sea salt
- ☐ soy sauce
- ☐ brown sugar
- ☐ honey
- ☐ chicken or vegetable stock

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INGREDIENTS:

THURSDAY

ROAST BEEF

- ☐ beef blade roast
- ☐ olive oil
- ☐ beef seasoning (Tuscan/Montreal/smoky Texan/French onion, etc)

GRILLED FETA CORN

- ☐ unsalted butter
- ☐ coriander/cilantro
- ☐ parsley
- ☐ garlic powder
- ☐ smoked paprika
- ☐ whole fresh corn cobs
- ☐ feta cheese
- ☐ lime
- ☐ parmesan

FRIDAY

MEXICAN CHICKEN & MANGO SALSA TACO CUPS WITH BASIL AIOLI

- ☐ chicken breast
- ☐ oil
- ☐ crushed garlic
- ☐ paprika powder
- ☐ chilli paste
- ☐ salt/pepper
- ☐ tortillas
- ☐ grated cheese
- ☐ basil
- ☐ egg yolks
- ☐ lemon juice
- ☐ mango
- ☐ red capsicum/pepper

WEEKEND

SHORT-ORDER PANCAKE GRANOLA BREAKFAST CUPS

- ☐ pancakes
- ☐ granola/muesli
- ☐ fruit yoghurt
- ☐ berries
- ☐ white/granulated sugar
- ☐ brown sugar
- ☐ cornflour/cornstarch
- ☐ vanilla bean paste