

WINTER WEEKLY MEAL PLANNER



BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

14.07.25 - 18.07.25

MONDAY

MAIN: PIZZA POT PIES

APPROX. 55 MINS



TUESDAY

MAIN: SHEET PAN PESTO CHICKEN LASAGNA

APPROX. 50 MINS



WEDNESDAY

MAIN: PARMESAN HERB ENCRUSTED COD

APPROX. 27 MINS

SIDE: BACON & ONION BUTTER FRIED GREEN PEAS

APPROX. 12 MINS



THURSDAY

MAIN: CHILLI JAM PORK STIR FRY

APPROX. 30 MINS



FRIDAY

MAIN: INDIAN BUTTER CHICKEN WINGS

APPROX. 45 MINS

SIDE: CRISPY ONION RINGS

APPROX. 15 MINS



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WEEKEND INSPIRATION

MAIN: STICKY DATE PANCAKES

APPROX. 1 HR 5 MINS



CAMPUS&CO.
Your Superstore

SHOPPING LIST

“ Delicious, super easy to make and have prepared ahead of time. Perfect for cold winter mornings too. ”

STICKY DATE PANCAKES

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WEEKLY MEAL PLANNER

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INGREDIENTS:

MONDAY

PIZZA POT PIES

- | | |
|--|--|
| <input type="checkbox"/> olive oil | <input type="checkbox"/> egg |
| <input type="checkbox"/> small brown onion | <input type="checkbox"/> mozzarella cheese |
| <input type="checkbox"/> mushrooms | <input type="checkbox"/> fresh oregano |
| <input type="checkbox"/> green capsicum/pepper | |
| <input type="checkbox"/> chicken thigh fillets | |
| <input type="checkbox"/> plain flour | |
| <input type="checkbox"/> chicken stock | |
| <input type="checkbox"/> black olives | |
| <input type="checkbox"/> tomatoes | |
| <input type="checkbox"/> tomato paste | |
| <input type="checkbox"/> mixed herbs | |
| <input type="checkbox"/> sheets butter puff pastry | |

TUESDAY

SHEET PAN PESTO CHICKEN LASAGNA

- | | |
|---|--|
| <input type="checkbox"/> lasagna noodles | <input type="checkbox"/> grated parmesan |
| <input type="checkbox"/> basil pesto | <input type="checkbox"/> fresh basil |
| <input type="checkbox"/> clove garlic | |
| <input type="checkbox"/> fresh thyme leaves | |
| <input type="checkbox"/> dried oregano | |
| <input type="checkbox"/> dried chilli flakes | |
| <input type="checkbox"/> milk | |
| <input type="checkbox"/> shredded mozzarella | |
| <input type="checkbox"/> ricotta cheese | |
| <input type="checkbox"/> fully cooked chicken | |
| <input type="checkbox"/> heavy cream | |
| <input type="checkbox"/> pepperoni | |

WEDNESDAY

PARMESAN HERB ENCRUSTED COD

- | | |
|--|--|
| <input type="checkbox"/> olive oil | <input type="checkbox"/> parmesan cheese |
| <input type="checkbox"/> dried breadcrumbs | <input type="checkbox"/> alaskan cod fillets |
| <input type="checkbox"/> dried dill | <input type="checkbox"/> lemon juice |
| <input type="checkbox"/> dried chives | |
| <input type="checkbox"/> dried parsley | |

BACON & ONION BUTTER FRIED GREEN PEAS

- ☐ butter
- ☐ small onion
- ☐ rashers bacon
- ☐ frozen green baby peas
- ☐ fresh dill

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INGREDIENTS:

THURSDAY

CHILLI JAM PORK STIR FRY

- | | |
|--|--|
| <input type="checkbox"/> Thai chilli jam | <input type="checkbox"/> baby bok choy or choy sum |
| <input type="checkbox"/> oyster sauce | <input type="checkbox"/> bunch broccolini |
| <input type="checkbox"/> sesame oil | <input type="checkbox"/> jasmine rice |
| <input type="checkbox"/> peanut oil | <input type="checkbox"/> fresh coriander/cilantro |
| <input type="checkbox"/> pork fillet | <input type="checkbox"/> roasted peanuts |
| <input type="checkbox"/> spring onions/scallions | |
| <input type="checkbox"/> red chillies | |
| <input type="checkbox"/> clove garlic | |
| <input type="checkbox"/> red onion | |
| <input type="checkbox"/> carrots | |
| <input type="checkbox"/> red capsicum/pepper | |

FRIDAY

INDIAN BUTTER CHICKEN WINGS

- | | |
|---|--|
| <input type="checkbox"/> wings (a mix of drumettes and flats) | <input type="checkbox"/> tinned crushed tomatoes |
| <input type="checkbox"/> kosher salt | <input type="checkbox"/> white/granulated sugar |
| <input type="checkbox"/> ginger paste, or grated fresh ginger | <input type="checkbox"/> chicken stock |
| <input type="checkbox"/> ghee | <input type="checkbox"/> heavy whipping cream |
| <input type="checkbox"/> onion | <input type="checkbox"/> dried fenugreek leaves |
| <input type="checkbox"/> garlic cloves | <input type="checkbox"/> butter |
| <input type="checkbox"/> ginger paste, or grated fresh ginger | <input type="checkbox"/> cornflour/cornstarch |
| <input type="checkbox"/> ground cumin | |
| <input type="checkbox"/> garam masala | |
| <input type="checkbox"/> ground coriander | |
| <input type="checkbox"/> kashmiri chilli powder | |

CRISPY ONION RINGS

- | | |
|--|--|
| <input type="checkbox"/> egg | <input type="checkbox"/> baking powder |
| <input type="checkbox"/> vegetable oil | <input type="checkbox"/> sweet onions |
| <input type="checkbox"/> milk | |
| <input type="checkbox"/> flour | |

WEEKEND

STICKY DATE PANCAKES

- ☐ dates
- ☐ butter
- ☐ maple syrup
- ☐ sea salt flakes
- ☐ walnuts
- ☐ self-raising flour
- ☐ bicarbonate soda
- ☐ eggs