

WINTER WEEKLY MEAL PLANNER



BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

21.07.25 - 25.07.25

MONDAY

MAIN: BAKED MILLION DOLLAR SPAGHETTI

APPROX. 1 HR 10 MINS



TUESDAY

MAIN: LAMB BURGER WITH ONION JAM

APPROX. 45 MINS

SIDE: BUTTERY PAN-FRIED CORN

APPROX. 10 MINS



WEDNESDAY

MAIN: 5-INGREDIENT RED CURRY CHICKEN & SWEET POTATO WEDGES

APPROX. 40 MINS



THURSDAY

MAIN: SALMON & MUSHROOM FETTUCINE WITH GARLIC CRUMBS

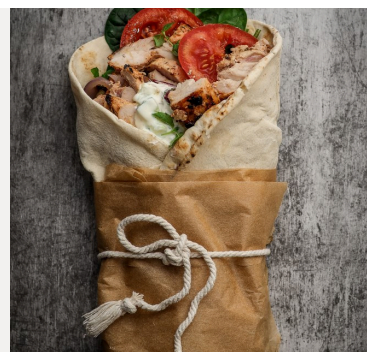
APPROX. 45 MINS



FRIDAY

MAIN: CHICKEN GYROS

APPROX. 2 HRS 30 MINS



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WEEKEND INSPIRATION

MAIN: CHOCOLATE CHILLI CHEESECAKE JARS WITH CHILLI POACHED PLUMS

APPROX. 25 MINS



CAMPUS&CO.

Your Superstore

SHOPPING LIST

“ A lovely, light, easy to prepare tasty meal! Flavours are very nice ”

5-INGREDIENT RED CURRY CHICKEN &
SWEET POTATO WEDGES

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INGREDIENTS:

MONDAY

BAKED MILLION DOLLAR SPAGHETTI

- ☐ spaghetti noodles
- ☐ butter
- ☐ ground beef/beef mince
- ☐ onion
- ☐ garlic powder
- ☐ marinara sauce
- ☐ cream cheese
- ☐ mozzarella cheese

TUESDAY

LAMB BURGER WITH ONION JAM

- ☐ leg of lamb
- ☐ brioche/sesame buns
- ☐ duck fat or melted butter
- ☐ raclette, or top-quality melting cheese
- ☐ onions
- ☐ butter
- ☐ dark brown or muscovado sugar
- ☐ dark beer
- ☐ fresh figs
- ☐ taleggio cheese
- ☐ lemon

BUTTERY PAN-FRIED CORN

- ☐ butter
- ☐ fresh or frozen corn kernels
- ☐ fresh basil

WEDNESDAY

5-INGREDIENT RED CURRY CHICKEN & SWEET POTATO WEDGES

- ☐ chicken breasts
- ☐ thai red curry paste
- ☐ coconut cream
- ☐ medium orange sweet potatoes/kumara
- ☐ lime
- ☐ olive oil

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INGREDIENTS:

THURSDAY

SALMON & MUSHROOM FETTUCINE WITH GARLIC CRUMBS

- | | |
|---|--|
| <input type="checkbox"/> wholemeal garlic pita breads | <input type="checkbox"/> fresh dill |
| <input type="checkbox"/> fresh thyme | <input type="checkbox"/> baby spinach |
| <input type="checkbox"/> olive oil | <input type="checkbox"/> fresh fettucine |
| <input type="checkbox"/> cloves garlic | |
| <input type="checkbox"/> button mushrooms | |
| <input type="checkbox"/> white wine | |
| <input type="checkbox"/> cream | |
| <input type="checkbox"/> parmesan cheese | |
| <input type="checkbox"/> fresh salmon | |
| <input type="checkbox"/> lemon | |

FRIDAY

CHICKEN GYROS

- | | |
|--|--|
| <input type="checkbox"/> greek yoghurt | <input type="checkbox"/> firm red onion |
| <input type="checkbox"/> olive oil | <input type="checkbox"/> tzatziki |
| <input type="checkbox"/> lemon | <input type="checkbox"/> fresh coriander |
| <input type="checkbox"/> dried mint | |
| <input type="checkbox"/> cumin | |
| <input type="checkbox"/> smoked paprika | |
| <input type="checkbox"/> dried oregano | |
| <input type="checkbox"/> ground coriander | |
| <input type="checkbox"/> minced garlic | |
| <input type="checkbox"/> skinless, boneless chicken thighs | |

WEEKEND

CHOCOLATE CHILLI CHEESECAKE JARS WITH CHILLI POACHED PLUMS

- | | |
|---|--|
| <input type="checkbox"/> chocolate biscuit crumbs | <input type="checkbox"/> red-flesh plums |
| <input type="checkbox"/> butter | <input type="checkbox"/> whipped cream |
| <input type="checkbox"/> cayenne pepper | |
| <input type="checkbox"/> cinnamon | |
| <input type="checkbox"/> cream cheese | |
| <input type="checkbox"/> sweetened condensed milk | |
| <input type="checkbox"/> chilli powder | |
| <input type="checkbox"/> instant coffee | |
| <input type="checkbox"/> gelatine | |
| <input type="checkbox"/> good quality dark/semi-sweet chocolate | |
| <input type="checkbox"/> thickened/double cream | |
| <input type="checkbox"/> sugar | |
| <input type="checkbox"/> large red chilli | |
| <input type="checkbox"/> vanilla bean | |
| <input type="checkbox"/> green cardamom pods | |
| <input type="checkbox"/> lemon rind | |