

AUTUMN WEEKLY MEAL PLANNER



BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

28.04.25 - 02.05.25

MONDAY

MAIN: LEFTOVER SALMON RICE BOWLS

APPROX. 20 MINS



TUESDAY

MAIN: LEMON CHICKEN CASSEROLE

APPROX. 1 HR

SIDE: GREEK STYLE POTATOES

APPROX. 55 MINS



WEDNESDAY

MAIN: HONEY MUSTARD SAUSAGE BAKE

APPROX. 50 MINS



THURSDAY

MAIN: SPICY THAI PORK WITH NOODLE FRITTATA

APPROX. 35 MINS



FRIDAY

MAIN: PHILLY CHEESESTEAK LOADED FRIES

APPROX. 50 MINS



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INGREDIENTS:

MONDAY

LEFTOVER SALMON RICE BOWLS

- rice
- fish sauce
- soy sauce
- brown sugar
- rice wine vinegar
- garlic powder
- sesame oil
- ginger paste
- cooked salmon
- sesame seeds
- spring onions/scallions
- sriracha sauce
- salad vegetables
- red chilli

TUESDAY

LEMON CHICKEN CASSEROLE

- olive oil
- chicken supremes/boneless chicken
- cloves garlic
- onion
- sweet paprika
- flour
- lemon
- lemon thyme
- chicken stock

GREEK STYLE POTATOES

- baby golden potatoes
- chicken broth/stock
- olive oil
- lemon
- dried oregano
- garlic powder
- fresh herbs
- sea salt

WEDNESDAY

HONEY MUSTARD SAUSAGE BAKE

- pork sausages
- red onions
- butternut pumpkin
- baby potatoes
- honey
- wholegrain mustard
- rosemary sprigs
- granny smith apples
- baby rocket leaves

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INGREDIENTS:

THURSDAY

SPICY THAI PORK WITH NOODLE FRITTATA

- 2-minute noodles
- eggs
- chicken stock
- fried shallots
- onions/scallions
- brown onion
- garlic clove
- pork mince/ground pork
- massaman curry paste
- honey
- fresh ginger
- kecap manis
- rocket/arugula
- baby cucumbers
- small carrot
- red chilli
- sweet chilli sauce
- coriander/cilantro leaves
- lime

FRIDAY

PHILLY CHEESESTEAK LOADED FRIES

- steak of choice
- olive oil
- frozen packaged potato fries
- brown onion
- capsicums/bell peppers, red or green
- cheddar/tasty cheese
- mozzarella

WEEKEND

MARINATED HALOUMI

- haloumi
- dried oregano
- chilli flakes
- lemon
- garlic clove
- extra-virgin olive oil
- thyme sprigs
- honey