



SPRING
WEEKLY
MEAL PLANNER

BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

12.05.25 - 16.05.25

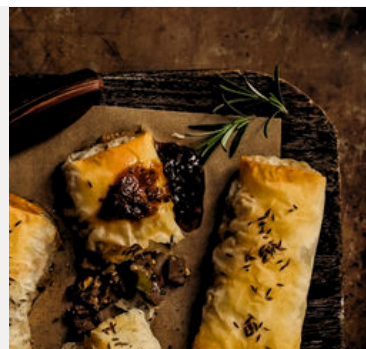
MONDAY

MAIN: LAMB & CAMEMBERT FILO ROLLS

APPROX. 35 MINS

SIDE: PEAS & BEANS WITH MINTED BUTTER

APPROX. 10 MINS



TUESDAY

MAIN: PORK FILLET & CREAMY MASH

APPROX. 40MINS



WEDNESDAY

MAIN: CHICKEN CAESAR SALAD PLATTER

APPROX. 1 HR 10 MINS



THURSDAY

MAIN: CAJUN GARLIC BUTTER STEAK BITES

APPROX. 15 MINS



SIDE: BLUEBERRY & BLUE CHEESE SALAD

APPROX. 30 MINS



FRIDAY

MAIN: CHICKEN QUESADILLAS WITH JALAPENO SAUCE

APPROX. 35 MINS



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WEEKEND INSPIRATION

MAIN: RICOTTA & BLACKBERRY DESSERT PIZZA

APPROX. 12 MINS



UNDER
30
MINUTES



CAMPUS&CO.

Your Superstore

SHOPPING LIST

“These are the best quesadillas ever – so delicious! Super filling! Served for a mid week evening meal. We didn’t find the jalapeno sauce had much heat to it”

CHICKEN QUESADILLAS WITH JALAPENO SAUCE

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INGREDIENTS:

MONDAY

LAMB & CAMEMBERT FILO ROLLS

- | | |
|--|---|
| <input type="checkbox"/> roast lamb | <input type="checkbox"/> cayenne pepper |
| <input type="checkbox"/> brown onion | <input type="checkbox"/> salt/pepper |
| <input type="checkbox"/> green capsicum/pepper | <input type="checkbox"/> camembert cheese |
| <input type="checkbox"/> garlic | <input type="checkbox"/> butter |
| <input type="checkbox"/> fruit chutney | <input type="checkbox"/> filo pastry |
| <input type="checkbox"/> rosemary | <input type="checkbox"/> cumin seeds (optional) |

PEAS & BEANS WITH MINTED BUTTER

- | | |
|---|--|
| <input type="checkbox"/> butter | <input type="checkbox"/> green beans |
| <input type="checkbox"/> mint leaves | <input type="checkbox"/> cloves garlic |
| <input type="checkbox"/> chilli flakes (optional) | <input type="checkbox"/> fresh mint leaves |
| <input type="checkbox"/> frozen peas | |

TUESDAY

PORK FILLET & CREAMY MASH

- pork fillets
- salt/pepper
- potatoes
- olive oil
- fresh sage leaves (optional)
- milk
- grated cheddar/tasty cheese
- prosciutto slices, or thin bacon

WEDNESDAY

CHICKEN CAESAR SALAD PLATTER

- | | |
|---|--|
| <input type="checkbox"/> mayonnaise | <input type="checkbox"/> fresh chives |
| <input type="checkbox"/> olive oil | <input type="checkbox"/> tinned crushed tomatoes |
| <input type="checkbox"/> lemon juice | <input type="checkbox"/> coriander/cilantro leaves |
| <input type="checkbox"/> dijon mustard | <input type="checkbox"/> fresh baguette |
| <input type="checkbox"/> worcestershire sauce | <input type="checkbox"/> eggs |
| <input type="checkbox"/> clove garlic | <input type="checkbox"/> chicken breast fillets |
| <input type="checkbox"/> salt/pepper | <input type="checkbox"/> deveined prawns/shrimp |
| <input type="checkbox"/> basil pesto | <input type="checkbox"/> avocado |
| <input type="checkbox"/> grated parmesan cheese | |
| <input type="checkbox"/> baby cos/romaine lettuce | |
| <input type="checkbox"/> cherry tomatoes | |
| <input type="checkbox"/> bacon | |
| <input type="checkbox"/> chilli flakes | |
| <input type="checkbox"/> baby capers | |
| <input type="checkbox"/> sliced almonds | |

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INGREDIENTS:

THURSDAY

CAJUN GARLIC BUTTER STEAK BITES

- | | |
|---|---|
| <input type="checkbox"/> smoked paprika | <input type="checkbox"/> steak, ribeye |
| <input type="checkbox"/> garlic powder | <input type="checkbox"/> olive oil |
| <input type="checkbox"/> onion powder | <input type="checkbox"/> butter |
| <input type="checkbox"/> chilli powder | <input type="checkbox"/> cloves garlic |
| <input type="checkbox"/> dried thyme | <input type="checkbox"/> cayenne pepper |
| <input type="checkbox"/> dried oregano | <input type="checkbox"/> salt/pepper |

BLUEBERRY & BLUE CHEESE SALAD

- | | |
|---|---|
| <input type="checkbox"/> blueberries | <input type="checkbox"/> baby spinach leaves |
| <input type="checkbox"/> apple vinegar | <input type="checkbox"/> red onion |
| <input type="checkbox"/> sugar | <input type="checkbox"/> gorgonzola cheese |
| <input type="checkbox"/> walnuts | <input type="checkbox"/> extra virgin olive oil |
| <input type="checkbox"/> pumpkin seeds | <input type="checkbox"/> dijon mustard |
| <input type="checkbox"/> lebanese cucumbers | |

FRIDAY

CHICKEN QUESADILLAS WITH JALAPENO SAUCE

- | | |
|---|--|
| <input type="checkbox"/> skinless chicken breasts | <input type="checkbox"/> lime juice |
| <input type="checkbox"/> chilli powder | <input type="checkbox"/> bottled tomato passata |
| <input type="checkbox"/> ground cumin | <input type="checkbox"/> chicken stock |
| <input type="checkbox"/> salt/pepper | <input type="checkbox"/> flour tortillas |
| <input type="checkbox"/> oil | <input type="checkbox"/> shredded mexican blend cheese |
| <input type="checkbox"/> bell peppers/capsicums | <input type="checkbox"/> salsa/pico de gallo |
| <input type="checkbox"/> red onion | <input type="checkbox"/> mayonnaise |
| <input type="checkbox"/> garlic clove | <input type="checkbox"/> sour cream |
| <input type="checkbox"/> minced jalapeno slices | <input type="checkbox"/> paprika |
| <input type="checkbox"/> jalapeno juice | <input type="checkbox"/> cayenne pepper |
| <input type="checkbox"/> sugar | <input type="checkbox"/> garlic salt |
| <input type="checkbox"/> cumin | <input type="checkbox"/> taco seasoning |

WEEKEND

RICOTTA & BLACKBERRY DESSERT PIZZA

- | | |
|---|--|
| <input type="checkbox"/> pizza dough | <input type="checkbox"/> flour |
| <input type="checkbox"/> ricotta | <input type="checkbox"/> toasted walnuts |
| <input type="checkbox"/> honey | <input type="checkbox"/> raw honeycomb |
| <input type="checkbox"/> fresh blackberries | |