

AUTUMN WEEKLY MEAL PLANNER



BROUGHT TO YOU BY *el gusto*

WEEKLY MEAL PLANNER

26.05.25 - 30.05.25

MONDAY

MAIN: BEEF STROGANOFF

APPROX. 40 MINS



TUESDAY

MAIN: ROAST PORK BAKED DINNER

APPROX. 1 HR



WEDNESDAY

MAIN: GINGER HONEY CHICKEN

APPROX. 40 MINS

SIDE: AUTHENTIC FATTOUSH SALAD

APPROX. 40 MINS



THURSDAY

MAIN: EASY BUTTER CHICKEN DRUMSTICKS

APPROX. 55 MINS



FRIDAY

MAIN: PULLED BEEF PIZZA

APPROX. 25 MINS

SIDE: ROSEMARY & HONEY BAKED FRIES WITH FETA

APPROX. 35 MINS



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INGREDIENTS:

MONDAY

BEEF STROGANOFF

- | | |
|---|---|
| <input type="checkbox"/> beef mince/ground beef | <input type="checkbox"/> worcestershire sauce |
| <input type="checkbox"/> mushrooms | <input type="checkbox"/> beef broth |
| <input type="checkbox"/> brown onion | <input type="checkbox"/> cream |
| <input type="checkbox"/> minced garlic | <input type="checkbox"/> fusilli pasta |
| <input type="checkbox"/> parsley | <input type="checkbox"/> cream cheese |
| <input type="checkbox"/> paprika | <input type="checkbox"/> sour cream |
| <input type="checkbox"/> dijon mustard | <input type="checkbox"/> parmesan |

TUESDAY

ROAST PORK BAKED DINNER

- | | |
|---|---|
| <input type="checkbox"/> potatoes | <input type="checkbox"/> tasty cheese |
| <input type="checkbox"/> pumpkin | <input type="checkbox"/> mozzarella cheese |
| <input type="checkbox"/> olive oil | <input type="checkbox"/> garlic butter |
| <input type="checkbox"/> brown sugar | <input type="checkbox"/> fresh thyme |
| <input type="checkbox"/> filo spinach and ricotta triangles | <input type="checkbox"/> store-bought vanilla cheesecake |
| <input type="checkbox"/> pork fillets/tenderloins | <input type="checkbox"/> tinned passionfruit |
| <input type="checkbox"/> streaky bacon | <input type="checkbox"/> thickened cream |
| <input type="checkbox"/> apples | <input type="checkbox"/> store-bought gingernut biscuits |
| <input type="checkbox"/> green beans | <input type="checkbox"/> butter |
| <input type="checkbox"/> truss tomatoes and parsley | <input type="checkbox"/> desiccated coconut |
| <input type="checkbox"/> gravy | <input type="checkbox"/> fresh passionfruit and mint sprigs |
| <input type="checkbox"/> bread rolls | |

WEDNESDAY

GINGER HONEY CHICKEN

- | | |
|---|--|
| <input type="checkbox"/> chicken thigh fillets | <input type="checkbox"/> soy sauce |
| <input type="checkbox"/> honey | <input type="checkbox"/> lemon juice |
| <input type="checkbox"/> sherry | <input type="checkbox"/> cloves garlic |
| <input type="checkbox"/> chives | <input type="checkbox"/> curry powder |
| <input type="checkbox"/> store-bought minced ginger | |

AUTHENTIC FATTOUSH SALAD

- | | |
|---|---|
| <input type="checkbox"/> lebanese flatbreads | <input type="checkbox"/> fresh mint leaves |
| <input type="checkbox"/> olive oil | <input type="checkbox"/> fresh parsley |
| <input type="checkbox"/> ground sumac | <input type="checkbox"/> extra virgin olive oil |
| <input type="checkbox"/> small ripe tomatoes | <input type="checkbox"/> fresh lemon juice |
| <input type="checkbox"/> radishes | <input type="checkbox"/> pomegranate molasses |
| <input type="checkbox"/> spring onions/scallions | <input type="checkbox"/> garlic clove |
| <input type="checkbox"/> lebanese cucumbers | <input type="checkbox"/> dried mint |
| <input type="checkbox"/> cos/romaine lettuce hearts | |
| <input type="checkbox"/> watercress | |
| <input type="checkbox"/> pomegranate | |

WEEKLY MEAL PLANNER

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INGREDIENTS:

THURSDAY

EASY BUTTER CHICKEN DRUMSTICKS

- olive oil
- chicken drumsticks
- red onion
- red capsicum/pepper
- tinned coconut milk
- butter chicken paste
- basmati rice
- naan bread
- coriander/cilantro leaves

FRIDAY

PULLED BEEF PIZZA

- pizza base
- pizza sauce
- cheddar/tasty cheese
- pulled beef, or pork
- bocconcini
- pitted olives
- chargrilled capsicum/bell peppers
- basil pesto
- baby salad leaves

ROSEMARY & HONEY BAKED FRIES WITH FETA

- potato fries
- feta
- rosemary
- garlic granules
- smoked paprika
- honey

WEEKEND

QUICHE LORRAINE FRITTATA

- streaky bacon
- eggs
- whole milk
- cheddar cheese