

What's for dinner?

Month of September

Take the hassle out of nightly dinner planning. Follow this easy guide for delicious, tasty & simple to prepare meals for the family. Recipes marked (*) available FREE online www.northbridgeplaza.com.au or from the store indicated in the key. Enjoy!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 *
Butter chicken, with steamed rice

2
Feta & pumpkin quiche with wild rice salad

3
Pork cutlets with lemon thyme marinade

4 *
Crab & chilli pasta

5
Inari-zushi

6
Omelette with julienned vegetables

7
Spinach & ricotta lasagne with garlic bread & mixed leaf salad

8
Agedashi tofu

9
Seared tuna with tomato, basil & olives

10
Chicken & apricot glaze

11 *
Fresh tomato & rocket pasta

12 *
Snapper wrapped in fresh herbs, with boiled new potatoes

13
Steak sandwich

14
Baked potato with gruyere & prosciutto

15
Sausages with fresh tomato sauce, served with steamed greens & mashed potato

16
Ginger pork, followed by Chawan mushi

17
Roast pumpkin soup with multigrain roll, sticky date pudding, butterscotch sauce

18 *
Salmon & pastry bake, with mixed green salad

19
Chicken, leek & asparagus risotto

20
Pizza, create your own topping

21 *
Lamb cutlets with chunky tabouleh

22
Potato gnocchi with eggplant & tomato sauce with rocket & parmazan salad

23 *
Chicken & papaya salad

24
Teriyaki beef with steamed rice

25
Veal schnitzel with mash potatoes and steamed vegetables

26 *
Prawn & snow pea sprout salad with chilli sauce

27
Zucchini & caper spaghetti

28
Antipasto tart with spinach salad, chocolate expresso mousse

29 *
Chicken & Asian vegetable stir-fry

30 *
Roast beef & Thai basil salad

Menu Retailer Guide

■ Pasta Zu
■ Antico's Fruit World
■ Steve Costi Seafoods

■ Tokyo Mart
■ Craig Cook's Prime Quality Meats

■ Baker's Delight
■ Lenard's

* Recipe available northbridgeplaza.com.au

Some of the recipes from Marie Claire "Fresh & Fast" by Michele Cranston and published by Murdoch Books.