

What's for dinner?

Month of October

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

Menu Retailer Guide

- Pasta Zu
- Antico's Fruit World
- Steve Costi Seafoods
- Tokyo Mart
- Aegean Deli Café
- Lenard's
- Craig Cook's Prime Quality Meats
- Baker's Delight

* Recipe available northbridgeplaza.com.au

			1 Nikujaga – Potato & meat dish	2 Roast chicken leg quarters with figs & almonds *	3 Grilled fish with carrot, orange and ginger salad *	4 Omelette with julienned vegetables
5 Thai BBQ steak with sensational homemade fries *	6 Poached chicken with herbed tomato sauce	7 Unagi - Eel salad	8 Fresh spinach & ricotta cannelloni, heat & serve	9 Blue eye cod fillets with mixed bean salad *	10 Assorted antipasto	11 Roast beef salad & Thai basil salad *
12 Traditional spaghetti with bolonese sauce	13 Duck breast with celery, apples & pecans *	14 Mushroom medley risotto balls *	15 Crunchy chicken tapas *	16 Hoisin lamb fillet with green beans & walnut salad *	17 Grilled prawns with parsley & caper sauce *	18 Moroccan inspired stuffed eggs *
19 Vegetable curry	20 Prosciutto & papaya salad *	21 Beef with lemon thyme bearnaise *	22 Seared tuna with tomato, basil & olives	23 Thai chicken choo chee soup *	24 Coriander peppercorn & lime prawns *	25 Vietnamese noodle soup *
26 Basil Pesto with fresh linguine	27 Large ravioli filled with mixture of pumpkin and ricotta cheese	28 Roast chicken with ginger & apricot *	29 Harusame salad	30 Beef zucchini & lemon kebabs *	31 Fresh homemade pizza	