

Foodstuffs

GOURMET FOODS & CATERING

**MENU ITEMS SUBJECT TO CHANGE*

MONDAY	
February 4	
SOUPS & DIPS	
ww	Chicken Noodle Soup (LF)
ww	Thai Chicken Soup
ww	Superfood Vegetable Soup (LF) (GF)
ww	Ten Vegetable Soup (LF) (GF)
ww	Lemon Turkey Escarole Soup (LF) (GF)
SALADS	
	Courtney's Tuna Salad (LC)
	Reduced Fat Tuna Salad (LC)
	Terry's Chicken Salad (LC)
	Chopped Greek Salad
ENTREES & SIDE DISHES	
	Grilled Athenian Chicken Breast (LC)
ww	Low Fat Black Bean Lasagna (LF)
	Vegetarian Spinach Meatloaf
ww	Chicken Burgers (LC) (LF)
	Mini Gyro
ww	Roasted Cauliflower, Green Beans & Mushrooms
	Mashed Potatoes & Butternut Squash
PASTRIES	
	Angel Food Cake w/ White & Dark Chocolate Glaze
	Mini Vanilla Swirl Pound Cake
	Mini Rustic Raspberry Peach Tart
	Oreo Cheesecake Cookies (NEW)
<p>VISIT FOODSTUFFS.COM TODAY! SHOP FOR MANY OF YOUR FOODSTUFFS FAVORITES, READ ALL ABOUT OUR UPCOMING SALES, IN-STORE DEMOS, SPECIALS AND MUCH MORE!</p>	

WEDNESDAY	
February 6	
TO BEGIN	
	Seafood Chowder
SIDE DISHES	
	Courtney's Tuna Salad (LC)
ww	Reduced Fat Basil Parmesan Chicken Salad (LC) (LF)
	Asparagus Salad w/ Radishes & Pecorino
ENTREES	
	No Carb Parmesan Chicken Breast (LC)
	Mediterranean Flank Steak (LC)
	Kale, Pea & Ricotta Fritters w/ Lemon Aioli
ww	Risa's Turkey Burgers (LC)
	Southern Fried Chicken Sliders
	Mini Cheeseburgers
ww	Low Fat Creamed Spinach (LF)
	Mashed Potatoes & Gravy
PASTRIES	
	3" Oreo Blackout Cake
	Jumbo Reese's Peanut Butter Cupcake
	French Pear Slice
	Lemon Sand Dollar Cookies
<p>FOODSTUFFS EVENTS & CATERING YOUR ONE STOP SOLUTION FOR A COMPANY EVENT, FAMILY PICNIC OR BBQ. ENJOY THE CLASSICS, RIGHT OFF THE GRILL, SERVED BY OUR PROFESSIONAL CHEFS</p>	

TUESDAY	
February 5	
SOUPS & DIPS	
	Italian Lasagna Soup
ww	Hummus (GF)
SALADS	
	Courtney's Tuna Salad (LC)
	Vegan Spicy Eggplant Tofu
	Detox Salad
ENTREES & SIDE DISHES	
	Herb Roasted Turkey Breast (LC)
ww	Moroccan Chicken Curry Quinoa Casserole
ww	Reduced Fat Turkey Tetrazzini
	Beef Stew
	Cheesy Baked Butternut Squash
	BBQ Chicken Sliders
ww	Balsamic Roasted Brussels Sprouts
ww	Cauliflower Mash
PASTRIES	
	Mini Cinnamon Roll Apple Pie (NEW)
	Lemon Yogurt Trifle
	Raw Salted Caramel Donut Holes (NEW)
	Mexican Wedding Cookies
<p>SIGN UP FOR OUR VALENTINE'S DAY RAFFLE! THE LUCKY WINNER WILL RECEIVE A GIFT BASKET VALUED AT \$100! VISIT ANY OF OUR FOODSTUFFS LOCATIONS FROM JANUARY 28 TO FEBRUARY 11 TO PARTICIPATE.</p>	

THURSDAY	
February 7	
SOUPS & DIPS	
ww	Chicken & Mushroom Posole Soup
	Artichoke & Spinach Dip (LC) (GF)
ww	Carolina Crab Dip
SALADS	
	Courtney's Tuna Salad (LC)
	Vegan Spicy Tofu
	Loaded Lentil Salad (NEW)
ENTREES & SIDE DISHES	
ww	Shrimp Pad Thai (LF)
	Korean BBQ Chicken Satay
	Ginger Beef Stir Fry
	Chana Masala
	Dal Makhani
ww	Steamed Broccolini with Garlic (LF)
	Mini Lobster Rolls
	Samosas
PASTRIES	
	Strawberry, Peach & Blackberry Lattice Pie
	Mini Orange Dream Cheesecake
	Triple Berry Cobbler
	Mini Fudge Stuffed Chocolate Chip Cookies
<p>JOIN FOODSTUFFS BREAD CLUB! PURCHASE 12 LOAVES OF BREAD AND GET YOUR NEXT ONE FREE!</p>	

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FRIDAY	
February 8	
SOUPS & DIPS	
ww	Black Bean Chili (LF) (GF) Sun Dried Tomato Feta Dip (GF) Roasted Red Pepper Dip (LC) (GF)
SALADS	
	Courtney's Tuna Salad (LC) Reduced Fat Tuna Salad (LC) Terry's Chicken Salad (LC) Chopped Greek Salad
ww	Linguine Tapenade Pasta
ENTREES & SIDE DISHES	
	Grilled Athenian Chicken Breast (LC)
ww	Butternut Squash Risotto (LF) Skinless Fried Chicken Mini Tenderloin Sandwiches Mini Ham & Brie Sandwiches
ww	Roasted Wild Mushrooms Mashed Potatoes & Butternut Squash
PASTRIES	
	6" Banana Choc. Chip Torte w/ Cream Cheese Frosting Sour Cream Cinnamon Coffeecake Mini Raspberry Tart w/ Lemon Curd Heavenly Cake Pops with Sprinkles Foodstuffs Buttercream Cookies
<p>FOODSTUFFS LOBSTER FEST! FEBRUARY 11 - 17, ENJOY FRESH LIVE OR COOKED LOBSTER FOR JUST \$16.99/LB! REGULARLY PRICED AT \$19.99/LB.</p>	
SUNDAY	
February 10	
SALADS	
	Courtney's Tuna Salad (LC)
ww	Grilled Corn Salad (LF)
ENTREES	
	Panko Encrusted Chicken Tenders
ww	Turkey Pot Pie Casserole
ww	Chicken Sausage & Cheddar Frittata (LC) Three Cheese Whole Wheat Quesadillas Beef Tamale (NEW) Irish Cheddar Mac & Cheese Charlie's Fried Chicken Sliders Mini Reubens
PASTRIES	
	Mini Black Bottom Bundt Cake Boston Cream Pie in a Jar (NEW) Foodstuffs Ding Dongs
<p>FEBRUARY 13TH & 14TH, ENJOY 10% OFF ON ALL CHEESE & WINE (WINE AVAILABLE ONLY AT OUR GLENCOE LOCATION)</p>	

SATURDAY	
February 9	
SOUPS & DIPS	
	Chicken Pot Pie Soup Spicy Hummus (GF)
SALADS	
	Courtney's Tuna Salad (LC) Polly's Chicken Salad (LC) Curried Cauliflower Yogurt Salad
ENTREES & SIDE DISHES	
	Herb Roasted Turkey Breast (LC) Petit Sirloin Vegan Italian Lentil Quinoa Meatballs (NEW) Risa's Turkey Burgers (LC)
ww	Balsamic Roasted Brussels Sprouts
ww	Roasted Sweet & White Potatoes (LF) Mini Cheeseburgers Spinach & Feta Pie Falafel
PASTRIES	
	Mini Jennifer's Chocolate Key Lime Pie Mini Baked Apricot Tart French Chocolate Éclair Karen Plowden's Ginger Snap sandwich Cookies
<p>VALENTINE'S DAY MENU IS IN STORES AND ONLINE NOW!</p>	

STORE HOURS AND INFORMATION	
GLENCOE	338 Park Avenue Glencoe, IL 60022 (847) 835-5105 Store Hours: M-F 10-6 SAT 10-6 SUN 10-5
EVANSTON	2106 Central Street Evanston, IL 60201 (847) 328-7704 Store Hours: M-F 10-6:30 SAT 10-6 SUN 10-5
GLENVIEW	1456 Waukegan Road Glenview, IL 60025 (847) 832-9999 Store Hours: M-F 10-6 SAT 9-5 SUN 10-5
LAKE FOREST	255 E. Westminster Lake Forest, IL 60045 (847) 234-6600 Store Hours: M-F 10-6 SAT 10-6 SUN 10-5
<p>www.foodstuffs.com</p>	
<p>(847) 328-8504 www.foodstuffscatering.com</p>	