

WEEK OF
OCTOBER 19 - 25

Foodstuffs

GOURMET FOODS & CATERING

WEEK OF
OCTOBER 19 - 25

* Menu Items Subject to Change

MONDAY	
October 19	
SOUPS & DIPS	
ww Chicken Noodle Soup (LF) Butternut Squash Soup (GF)	5.99 ea
ww Asian Chicken & Tofu Soup (LC) Triple Mushroom Bisque	5.99 ea
Roasted Red Pepper Dip (LC) (GF)	6.99 ea
SALADS	
Courtney's Tuna Salad (LC)	13.99 lb
Reduced Fat Tuna Salad (LC)	13.99 lb
Terry's Chicken Salad (LC)	13.99 lb
Grilled Artichoke Salad (LC)	10.99 lb
ENTREES & SIDE DISHES	
Grilled Herb Marinated Chicken Breast (LC)	14.99 lb
ww Turkey Stuffed Peppers	11.99 lb
ww Chicken Cassoulet with Parmesan Crust (LF)	10.99 lb
ww Shrimp Stir Fried Cauliflower Rice (LF)	16.99 lb
ww Low Fat Vegetable Lasagna (LF)	10.99 lb
ww Chicken Burgers (LC) (LF)	11.99 lb
Mini Cheeseburgers	2.99 ea
ww Roasted Winter Vegetables	9.99 lb
ww Low Fat Creamed Spinach (LF)	10.99 lb
Mashed Potatoes & Butternut Squash	8.99 lb
PASTRIES	
6" S'mores Cake	23.99 ea
Mini Rustic Cherry Tart	4.99 ea
Banana Butterscotch Cake Squares w/ Cream Cheese Frosting	3.99 ea
Mini Old Fashioned Éclair	2.99 ea
Salerno Butter Cookies	16.99 lb
Brownies Caramel Brownies	16.99 lb
Black & White Squares Lemon Bars	16.99 lb

WEDNESDAY	
October 21	
SOUPS & DIPS	
Lobster Corn Chowder	6.99 ea
ww Roasted Tomato & Goat Cheese Spread (LC) (GF)	7.99 ea
ww Fig & Goat Cheese Spread (GF)	7.99 ea
SALADS	
Courtney's Tuna Salad (LC)	13.99 lb
ww Elio's Tuna & Corn Salad	13.99 lb
ww My Big Fat Greek Tomato Salad (LC)	10.99 lb
ww Edamame Fried Rice	8.99 lb
ENTREES & SIDE DISHES	
ww Chicken Breast Picatta	14.99 lb
Burrata Ravioli with Grilled Tomato Sauce (NEW)	10.99 lb
Mom's Pot Roast	14.99 lb
Wild Mushroom Cutlets	10.99 lb
Mini Lobster Grilled Cheese	6.99 ea
Kale & Butternut Squash	9.99 lb
ww Ginger Sesame Asparagus	10.99 lb
Mashed Potatoes & Gravy	7.99 lb
PASTRIES	
10" Smith Island Chocolate Cake	7.99 lb
Mini Banana Chocolate Chip Caramel Cake	5.99 ea
Foodstuffs Halloween Ho Ho	3.99 ea
Farmer's Market Streusel Slice	3.99 ea
Mama K's Carrot Cake Squares	3.99 ea
Jack O' Lantern Cookies	3.99 ea
Emoji Mask Cookies Presidential Election Cookies	4.99 ea
Valrhona Chocolate Pudding Clemente's Rice Pudding	3.99 ea
Oatmeal Raisin Cranberry Caramel Cookies	16.99 lb
Pecan Squares	16.99 lb

TUESDAY	
October 20	
SOUPS & DIPS	
ww Autumn Vegetable Soup (LF) (GF)	5.99 ea
ww Hummus (GF)	5.99 ea
SALADS	
Courtney's Tuna Salad (LC)	13.99 lb
Honey Wheatberry Salad	9.99 lb
Charred Broccoli Caesar	9.99 lb
ENTREES & SIDE DISHES	
Turkey Milanese	15.99 lb
ww Mexican Chicken Bake	11.99 lb
BBQ Chicken Quesadillas	3.99 ea
Cauliflower & Goat Cheese Chile Rellenos	11.99 lb
Steak Enchiladas	3.99 ea
Risa's Turkey Burgers (LC)	11.99 lb
Southern Fried Chicken Sliders	3.99 ea
ww Brussels Sprouts with Caramelized Onions	10.99 lb
ww Cauliflower Mash	8.99 lb
PASTRIES	
Mini Apricot Blueberry Lattice Pie	7.99 ea
Chocolate Tres Leche Trifle	7.99 ea
Mini Chocolate Monster Whoopie Pie	2.99 ea
Mini Halloween Sprinkle Cupcakes (NEW)	2.99 ea
Tea Breads (Banana, Pumpkin Cream Cheese, Zucchini)	7.99 ea
Foodstuffs Pound Cake	16.99 ea
Raw Candy Bars	17.99 lb
Monster Bars	16.99 lb
Almond Crescents	16.99 lb
Mexican Wedding Cookies	16.99 lb

THURSDAY	
October 22	
SOUPS & DIPS	
ww Mexican Chicken Soup	5.99 ea
Roasted Curried Cauliflower Soup (GF)	5.99 ea
Artichoke & Spinach Dip (LC) (GF)	6.99 ea
ww Carolina Crab Dip	6.99 ea
SALADS	
Courtney's Tuna Salad (LC)	13.99 lb
Reduced Fat Tuna Salad (LC)	13.99 lb
Terry's Chicken Salad	13.99 lb
Vegan Spicy Tofu	13.99 lb
ENTREES & SIDE DISHES	
ww Sesame Shrimp & Asparagus Stir Fry w/ Brown Rice	19.99 lb
Chicken Fingers with BBQ Sauce	14.99 lb
Sweet & Sour Meatball Skewers	6.99 ea
ww Herb Roasted Garlic Chicken Burgers (LC)	11.99 lb
Lasagna Cheese Roll Ups	10.99 lb
ww Parmesan Herb Cauliflower	10.99 lb
Mini Lobster Rolls	7.49 ea
Mini Cheeseburgers	2.99 ea
Samosas	1.99 ea
PASTRIES	
6" Strawberry Peach Peasant Tart	18.99 ea
3" Key Lime Cake (NEW)	7.99 ea
Mini Pumpkin Cheesecake	7.99 ea
Mini Snowballs	5.99 ea
Taffy Apples with Nuts Taffy Apples	4.99 ea 3.99 ea
Mini Chocolate Chip S'mores Cookies	16.99 lb
Gluten Free Brownies	16.99 lb
Karen Malkin's Raw Cranberry Oat Bars	17.99 lb

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FRIDAY October 23	
SOUPS & DIPS	
Jay's Chili	6.99 ea
ww Mediterranean Lentil Soup (LF) (GF)	5.99 ea
ww Mediterranean Blue Cheese Dip (LC) (GF)	6.99 ea
Roasted Red Pepper Dip (LC) (GF)	6.99 ea
SALADS	
Courtney's Tuna Salad (LC)	13.99 lb
Butternut Squash Kale Salad (NEW)	9.99 lb
ww Linguine with Pesto & Sun Dried Tomatoes	10.99 lb
Roxi's Egg Salad (LC)	8.99 lb
ENTREES & SIDE DISHES	
Grilled Herb Marinated Chicken Breast (LC)	14.99 lb
ww Vegan Rigatoni Bolognese (LF)	10.99 lb
Risa's Turkey Burgers (LC)	11.99 lb
Charlie's Fried Chicken	8.99 lb
Mini Tenderloin Sandwiches	4.99 ea
ww Fall Roasted Vegetables (LF)	10.99 lb
Mashed Potatoes & Butternut Squash	8.99 lb
PASTRIES	
6" Chocolate Autumn Torte	23.99 ea
6" Mrs. Liberman's Cake	16.99 ea
3" Frankenstein Cake (NEW)	8.99 ea
Mini Raspberry Tart with Lemon Curd	6.99 ea
Halloween Cake Bites with Sprinkles	16.99 lb
Tucci's Peanut Butter Crunchers	16.99 lb
Foodstuffs Buttercream Cookies	16.99 lb
Mini Mini Chocolate Chip Cookies	13.99 pk
Puppy Chow	14.99 lb
IF YOU LIKE FOODSTUFFS - YOU'LL LOVE US ON INSTAGRAM!	

SATURDAY October 24	
DIPS	
Spicy Hummus (GF)	6.99 ea
SALADS	
Courtney's Tuna Salad (LC)	13.99 lb
Caprese Corn Salad	10.99 lb
Vegan Cous Cous with Butternut Squash	9.99 lb
ENTREES & SIDE DISHES	
Turkey Milanese	15.99 lb
Corned Beef with Horseradish Sauce (LC)	19.99 lb
ww Keto Buffalo Chicken Meatballs (LF) (LC)	10.99 lb
ww Goat Cheese Stuffed Portobellos	10.99 lb
Mini Grilled Beer Brats	3.49 ea
ww Mu Shu Chicken Sliders (LF)	3.99 ea
Spinach & Feta Pie	3.99 ea
Falafel	.99 ea
PASTRIES	
Mini French Silk Pie	7.99 ea
3" Halloween Confetti Cake	7.99 ea
Mini Pumpkin Apple Streusel Cake	5.99 ea
Triple Berry Cobbler	3.99 ea

THREE CONVENIENT WAYS TO GET ALL
OF YOUR FOODSTUFFS FAVORITES:
IN-STORE SHOPPING, FREE DELIVERY
AND CURBSIDE PICK-UP

FOODSTUFFS FAMOUS COOKIES & SCONES

MONDAY - SATURDAY	
Chocolate Chip Cookies	2.49 ea
MONDAY	
Chocolate Chip Scones	1.99 ea
TUESDAY	
Apricot Scones	1.99 ea
WEDNESDAY	
Butterscotch Scones	1.99 ea
THURSDAY	
Chocolate Chip Scones	1.99 ea
FRIDAY	
Oatmeal Raisin Cookies	2.49 ea
Apricot Scones	1.99 ea
SATURDAY	
Oatmeal Raisin Cookies	2.49 ea
Butterscotch Scones	1.99 ea

"TURKEY DAY EVERYDAY"
HAS RETURNED, NOVEMBER 2 - 28
VISIT OUR SANDWICH BAR AND TRY OUR
DELICIOUS TURKEY SANDWICHES & WRAPS!

HOT SOUPS ARE BACK!

TEMPORARY STORE HOURS

GLENCOE 338 Park Avenue Glencoe, IL 60022
(847) 835-5105

Store Hours: MON - SAT 10:00 - 5:00 SUN Closed

EVANSTON 2106 Central Street Evanston, IL 60201
(847) 328-7704

Store Hours: MON - SAT 10:00 - 5:00 SUN Closed

GLENVIEW 1456 Waukegan Road Glenview, IL 60025
(847) 832-9999

Store Hours: MON - SAT 10:00 - 5:00 SUN Closed

LAKE FOREST 255 E. Westminster Lake Forest, IL 60045
(847) 234-6600

Store Hours: MON - SAT 10:00 - 5:00 SUN Closed