

# Foodstuffs

GOURMET FOODS & CATERING

*\*MENU ITEMS SUBJECT TO CHANGE*

<b>MONDAY</b>	
September 16	
<b>SOUPS &amp; DIPS</b>	
ww	Chicken Noodle Soup (LF)
ww	Chicken Alphabet Soup (LF)
ww	Artichoke Minestrone Soup (LF) (GF) Butternut Squash Soup (GF)
ww	Wild Mushroom Lentil Soup (LF) (GF) Roasted Red Pepper Dip (LC) (GF)
<b>SALADS</b>	
	Courtney's Tuna Salad (LC)
	Reduced Fat Tuna Salad (LC)
	Terry's Chicken Salad (LC)
ww	Tomato, Cucumber & Avocado Salad (LC)
ww	Brown Rice Stir Fry (LF)
<b>ENTREES &amp; SIDE DISHES</b>	
	Grilled BBQ Chicken Breast
	Corned Beef with Horseradish Sauce (LC)
ww	Low Fat Spinach Lasagna (LF)
ww	Artichoke & Chicken Tetrazzini
ww	Chicken Burgers (LC) (LF) Old Bay Shrimp Roll
ww	Baby Vegetable Medley (LC) (LF) Mashed Potatoes & Butternut Squash
<b>PASTRIES</b>	
	6" Chocolate Chip Fudge Torte
	3" Nonpareil Cake
	Mini Rustic Harvest tart
	Cherry Brioche Bread Pudding w/ Caramel Sauce
	Criss Cross Peanut Butter Cookies

<b>WEDNESDAY</b>	
September 18	
<b>SOUPS &amp; DIPS</b>	
ww	Noodle Soup with Kale & White Beans (LF) Split Pea & Ham Soup (GF)
<b>SIDE DISHES</b>	
	Courtney's Tuna Salad (LC)
	Raw Brussels Sprouts & Marinated Tomatoes Salad
<b>ENTREES</b>	
	Chicken Scallopine with Marinara Sauce
	Mediterranean Flank Steak (LC)
	Jumbo Stuffed Shells
ww	Risa's Turkey Burgers (LC)
	Southern Fried Chicken Sliders
	Mini Cheeseburgers
ww	Low Fat Creamed Spinach (LF) Mashed Potatoes & Gravy
<b>PASTRIES</b>	
	3" German Chocolate Cake
	Mini Cinnamon Sugar Bundt Cake
	French Apricot Slice
	Oatmeal Ginger Cookies
	Banana Chocolate Chip Bars
<p><b>VISIT FOODSTUFFS.COM TODAY!</b>  <b>SHOP FOR MANY OF YOUR FOODSTUFFS</b>  <b>FAVORITES, READ ALL ABOUT OUR</b>  <b>UPCOMING SALES, IN-STORE DEMOS,</b>  <b>SPECIALS AND MUCH MORE!</b></p>	

<b>TUESDAY</b>	
September 17	
<b>SOUPS &amp; DIPS</b>	
ww	Tex Mex Chicken & Black Bean Soup
ww	Parmesan Artichoke Dip (LC) (GF)
ww	Hummus (GF)
<b>SALADS</b>	
	Courtney's Tuna Salad (LC)
	Charred Broccoli Caesar (NEW)
	Cauliflower Corn Salad
<b>ENTREES &amp; SIDE DISHES</b>	
	Herb Roasted Turkey Breast (LC)
	Beef Stew
	Moroccan Chicken Curry Quinoa Casserole
	Cheesy Baked Butternut Squash
ww	Vegetarian Ricotta Zucchini Meatballs
	Mini Turkey Burger Sliders
	Roasted Brussels Sprouts with Cranberries (LF)
	Twice Baked Jumbo Potatoes
<b>PASTRIES</b>	
	Mini Strawberry Peach Blackberry Lattice Pie
	Gluten Free Cheesecake Trifle
	Magali's Flan
	No Bake Monster Peanut Granola Bar Bites
	Almond Crescents
	Mexican Wedding Cookies
<p><b>ROSH HASHANAH MENUS ARE IN</b>  <b>STORES AND ONLINE NOW</b></p>	

<b>THURSDAY</b>	
September 19	
<b>SOUPS &amp; DIPS</b>	
ww	Thai Chicken Soup
	Artichoke & Spinach Dip (LC) (GF)
ww	Carolina Crab Dip
<b>SALADS</b>	
	Courtney's Tuna Salad (LC)
	Vegan Spicy Tofu
	Roasted Corn & Shiitake Mushrooms
ww	Parmesan Cauliflower Rice (LC)
<b>ENTREES &amp; SIDE DISHES</b>	
	Thai Rice Noodles with Shrimp
	Korean BBQ Chicken Satay
	Ginger Beef Stir Fry
	Rajma Masala
	Tadka Dal
ww	Steamed Broccolini with Garlic (LF)
	Mini Lobster Rolls
	Samosas
<b>PASTRIES</b>	
	Peach & Cherry Oatmeal Streusel Pie
	Mini Dutch Apple Cheesecake
	Mini Jay's Pecan Tart
	Pinwheel Shortbread
	Taffy Apples with Nuts
	Taffy Apples

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<b>FRIDAY</b>	
September 20	
<b>SOUPS &amp; DIPS</b>	
ww	Steak Fajita Chili
ww	Portobello Mushroom Dip (LC)
	Roasted Red Pepper Dip (LC) (GF)
	Traditional Cranberry Relish (GF)
<b>SALADS</b>	
	Courtney's Tuna Salad (LC)
	Reduced Fat Tuna Salad (LC)
	Terry's Chicken Salad (LC)
ww	Tomato, Cucumber & Avocado Salad (LC)
ww	Parmesan Potato Salad (LF)
<b>ENTREES &amp; SIDE DISHES</b>	
	Grilled BBQ Chicken Breast
	Grilled Shrimp & Corn Risotto
	Skinless Fried Chicken
	Mini Tenderloin Sandwiches
	Mini Ham & Brie Sandwiches
ww	Roasted Wild Mushrooms
	Mashed Potatoes & Butternut Squash
<b>PASTRIES</b>	
	6" Chocolate Autumn Torte
	Sour Cream Cinnamon Coffeecake
	Mini Baked Triple Berry Tart
	Chocolate Dipped Twinkies
	Campfire Cookies
	Foodstuffs Buttercream Cookies
<b>YOM KIPUR MENUS ARE IN STORES AND ONLINE NOW</b>	

<b>SUNDAY</b>	
September 22	
<b>SALADS</b>	
	Cincinnati Chili
<b>SALADS</b>	
	Courtney's Tuna Salad (LC)
ww	Jicama Orange Salad (LF)
ww	Karen's Edamame Salad
<b>ENTREES &amp; SIDE DISHES</b>	
ww	Turkey Pot Pie Casserole
ww	Spaghetti with Meat Sauce
	Mac & Cheese Bites
	BBQ Chicken Quesadillas
	Spinach & Cheese Enchiladas
	BBQ Chicken Sliders
	Chicken Parmesan Sliders
<b>PASTRIES</b>	
	Mini Milky Way Cookie Cake
	Creamy Dolce Caramel Coconut Cake
	Apple Caramel Turnover

**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

<b>SATURDAY</b>	
September 21	
<b>SOUPS &amp; DIPS</b>	
ww	Quinoa Mushroom Soup (LF)
ww	Guacamole (GF)
	Spicy Hummus (GF)
<b>SALADS</b>	
	Courtney's Tuna Salad (LC)
	Polly's Chicken Salad (LC)
ww	Raw Sugar Snap Pea Salad
	Kim's Penne Pasta
	Caesar Slaw
<b>ENTREES &amp; SIDE DISHES</b>	
	Herb Roasted Turkey Breast (LC)
ww	Roasted Balsamic Sirloin (LC)
	Wild Mushroom & Goat Cheese Crepes
	Risa's Turkey Burgers (LC)
	Roasted Brussels Sprouts with Cranberries (LF)
	Mini Cheeseburgers
	Spinach & Feta Pie
	Falafel
<b>PASTRIES</b>	
	Mini S'mores Pie
	Mini Toasted Key Lime Tart
	Mini Mason Jar Cherry Pie
	Mini Cream Puff
	Blueberry & White Chocolate Cookies
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## 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 10-5 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

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(847) 328-8504

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