



Mama Luigi's

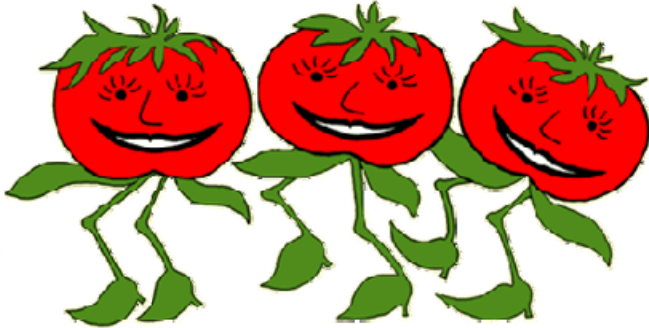


Jim Talerico

Banquet Rooms Available For All Occasions

August 2011

Days of Summer Tomato Festival



B. Y. O. T. (Bring Your Own Tomato)

The next time you're in for dinner bring in your own garden fresh tomato and our chef will prepare a special appetizer using your tomato....free. We do all the work and you get to enjoy your tomato as well as show off your gardening skills.

Some suggestions:

- Tomato, basil, balsamic vinegar & olive oil.
- Tomato, rosemary, lemon & olive oil.
- Tomato, oregano, vinegar & olive oil.
- Tomato, thyme, red pepper flakes & olive oil.

Tomato Recipe Contest.

During August bring us your favorite recipe featuring the tomato and our staff will pick their favorites. If your recipe gets selected we'll send you a \$10.00 gift certificate and put your recipe in our newsletter.

Get Out Of Tomato Free Card

Cut this card out and bring it in without your tomato and we'll use one of ours.
Offer good until September 11th, 2011

Benefits of Tomato

Very low in calories and fats; but rich source of dietary fiber, minerals, vitamins; recommended in cholesterol controlling and weight reduction programs.

The antioxidants present in tomatoes are found to be protective against many cancers including colon, prostate, breast, endometrial, lung, and pancreatic cancers.

Phytochemicals present in tomatoes like Lycopene and carotenoids have the ability to help protect cells and other structures in the body from oxygen free radicals. Red varieties of tomatoes are especially rich in the most powerful flavonoid antioxidant lycopene.

Studies have shown that lycopene protects skin damage from UV rays and from prostate cancer.

Zeaxanthin, another flavonoid compound, helps protect eyes from "age related macular disease" (ARMD) in the elderly persons by filtering harmful ultra-violet rays.

This veggie contains very good levels of vitamin A, and flavonoid anti-oxidants such as alpha and beta carotenes, xanthin and lutein. These compounds are known to have antioxidant properties and are essential for vision. Vitamin A is also required for maintaining healthy mucus membranes and skin.

Consumption of natural vegetables and fruits rich in flavonoids helps to protect from lung and oral cavity cancers.

In addition, they are also good source of antioxidant vitamin-C (provide 21% of recommended daily levels per 100 g); consumption of foods rich in vitamin C helps body develop resistance against infectious agents and scavenge harmful free radicals.

Fresh tomato is very rich in potassium. Potassium is an important component of cell and body fluids, helps controlling heart rate and blood pressure. They are also good source of folate, iron, calcium, manganese and other minerals.

Fresh ripe tomatoes have attractively bright red color and rich flavor. In the store, avoid those with wrinkling, discolored spots, cuts and too soft. Once at home, place them at room temperature in cool, dark place. Over ripened ones can be stored in the refrigerator. Eat them while they are fresh to obtain full benefits of vitamins and antioxidants.

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Mama Luigi's Restaurant

7500 S. Harlem Avenue Bridgeview 708-496-0900

Watermelon

HEALTH & NUTRITION

For a long time, watermelon has been taken for granted as a sweet, tasty summertime fruit, made of sugar and water, and nothing more.



Over the past years, nutritionists, medical professionals, scientists and researchers have taken an interest to find out more about watermelon's health benefits. As it turns out, watermelon is incredibly healthy!

The National Watermelon Publicity Board is proud to say that watermelon is the Lycopene Leader among fresh produce. In addition to its healthy properties and effects on women, children, men and pregnant women, watermelon is an important part of a healthy diet.

Nutritionists have long appreciated the health benefits watermelon provides. Watermelon not only boosts your "health esteem," but it has excellent levels of vitamins A and C and a good level of vitamin B6.

Rolls Royce Loan

A businessman walks into a bank in San Francisco and asks for the loan officer. He says he is going to Europe on business for two weeks and needs to borrow \$7,000. The bank officer says the bank will need some kind of security for such a loan. So the businessman hands over the keys to a Rolls Royce parked on the street in front of the bank. Everything checks out, and the bank agrees to accept the car as collateral for the loan. An employee drives the Rolls into the bank's underground garage and parks it there. Two weeks later, the businessman returns, repays the \$7,000 and the interest, which comes to \$19.67. The loan officer says, "We are very happy to have had your business, and this transaction has worked out very nicely, but we are a little confused. While you were away, we checked you out and found that you are a multimillionaire. What confuses us is why would you bother to borrow \$7,000?" The businessman replied, "Where else in San Francisco can I park my car for two weeks for \$20 bucks?"



Thanks For Your Kind Words!

It was one of the best meals I had in some time. The waitress was extremely courteous and very helpful. I had a great time and plan on coming back with other people. The place (Mama Luigi's) was extremely clean. Thank you.

Viola Jarvis

I am a regular customer and on each time I visit things are always perfect Great service, outstanding food, and always a great time.

Kenneth Knezevich

The waitress was very nice & friendly. The brushetta excellent as always with the nice hot fresh bread. Good salad and the frutti di mare was excellent. I think the restaurant needs a little updating and should have some entertainment in the bar.

Joseph Saele

As usual, it was a very pleasant dining experience! keep doing what you do so well!!

Anita Spellar

I like all the improvements you have made so far. Rewards card and the e-msils! Great food at a good price! We love to stop in for a bite to eat when visiting family. Everyone is so friendly there.

Patricia Plank

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The Best Way To Treat



Mosquito Bites

Avoiding mosquito bites should be your first line of defense, but if you are bitten, follow these steps to help minimize the itch and discomfort:

1. Wash the infected area with soap and water immediately.
2. Avoid scratching. Although a mosquito bite should only itch for a few days, continual scratching will prolong the itching.
3. Apply a paste made of baking soda and water, using just enough water to make the paste sticky.
 4. Rub soap directly on the bite.
5. Apply an ice pack or ice wrapped in a zipper bag to the bite area.
6. Use calamine lotion or a topical anaesthetic containing pramoxine to help relieve the pain and itching.
7. Take an anti-inflammatory drug such as ibuprofen or naproxen to reduce any accompanying swelling or redness.

**“It is a mistake to look too far ahead.
Only one link in the chain of destiny
can be handled at a time.”**

-Winston Churchill

Menu Highlights

Some Can't Miss Gems In Our Menu

Chicken Rigatoni

sautéed chicken breast and fresh mozzarella cheese served in fi letto di pomodoro sauce, this one is a true delight 15.99

If you like our bruschetta you can't miss with tangy sauce, chicken and pasta combination.

Chicken Parmesan & Shells

a tender breast of chicken and ricotta cheese stuffed shells baked in a casserole with our homemade sauce, topped with melted mozzarella cheese 15.99

This is the best of both worlds, a tender chicken breast and shells stuffed with a creamy ricotta filling.

Chicken Nee Nee

a great choice! tender and juicy chicken sautéed in olive oil with fresh garlic and broccoli, served over a bed of linguini pasta 15.99

One of our guests favorites, full of flavor.

Cheese Tortellini Alfredo

mini italian pasta stuffed with cheese and zesty spices, served with broccoli in a light, creamy cheese sauce 13.29

A classic alfredo with a tortellini twist.

Portabella Ravioli Aglio Olio

ravioli stuffed with a blend of portabella mushrooms sautéed with fresh garlic, olive oil and parmesan cheese 13.29

When it comes to mushrooms Portabella is King. You can't go wrong when ordering these pasta pillows from heaven.

Baked Lasagna

mama's recipe ~ layers of lasagna noodles, ricotta cheese, our own spices and parmesan cheese, baked en casserole with meat sauce, topped with mozzarella 13.29

Our undisputed number one Guest favorite is definitely a cheese lovers delight.

WEDNESDAY NIGHT DATE NIGHT

Making Date Night special can be difficult. What to do? Where to go? And the cost! Going to the movies these days can take a big bite out of your wallet. You've already spent \$25.00 on tickets. All you got out of it was some popcorn and a soda and you sat in the dark and didn't say one word to each other. What kind of a date night is that? Mama Luigi's makes Date Night special and economical. For **only \$39.95** you get an **appetizer, a bottle of wine, your choice of four special entrees and a shared dessert**. Plus, you'll have spent quality time together enjoying each other's company while enjoying a fabulous dinner. Now, doesn't that sound better than a movie and some popcorn?

ONLY \$39.95

(that's less than \$20.00 a person) for
**Appetizer, a bottle of Wine, Entrée
and Dessert**

YOU CAN'T BEAT IT !

NOT VALID WITH OTHER OFFERS

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**MAMA LUIGI'S IS OPEN FOR LUNCH
MONDAY THRU FRIDAY
FROM 11 AM TO 3 PM
SOME SANDWICH SUGGESTIONS**

Mama Luigi Burger

served on garlic buttered, grilled italian roll with sautéed onions and melted american cheese 8.69

Sirloin Steak Sandwich

flame-broiled, nine ounce, certified angus, baseball cut sirloin served open-faced on white toast, garnished with lettuce and tomato 11.99

Reuben

our delicious, thin sliced corned beef with sauerkraut, melted swiss cheese and our own homemade dressing on grilled light rye bread 8.89

Monte Cristo

the classic returns!! sliced, lean ham, fresh turkey and melted swiss on french toast, dusted with powdered sugar and served with strawberry preserves 8.79

**Tuesday Night
Bar Special**



**Two Dollar
Domestic Bottle Beer
Two Dollar Margarita**



**PSYCHIC
NIGHT**

Tuesday August 16th 6 PM to 9 PM



**The Ten Best Snacks
For The Beach**

A fun filled day at the beach can make you hungry. Below are ten great snacks that do well at the beach:

10. Trail Mix, 9. Pretzels, 8. Popcorn,
7. Fresh Fruit, 6. Granola Bars,
5. Raw Veggies, 4. Sandwiches,
3. Burritos, 2. Cheese
1. Fruit Salad

Six Summer Sun-Safety Tips



1. Use good sunscreen. Look for ingredients that contain zinc, titanium dioxide, and avobenzone or mexoral sx.
2. Plan your day around the sun.
3. Wear clothing that will keep you cool and shield your skin from the sun's harmful UV rays.
4. Sunglasses and hats are essential!
5. Keep a sunscreen stick handy to protect your kid's faces.
6. Re-apply sun screen after 3 hours.

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Buffalo Chicken Pasta Salad

Prep time – 20 minutes, Cook time – 10 minutes - Recipe Yields 12 servings



Ingredients

- 1 (16 ounce) package of uncooked rotini pasta
- 1/2 cup of mayonnaise
- 1 cup of chunky blue cheese dressing
- 1/2 cup of buffalo wing sauce
- 1 teaspoon of salt
- 1/2 teaspoon of black pepper
- 1 pound frozen of cooked chicken strips, defrosted and diced
- 1/2 cup of red bell pepper, diced
- 1 cup of red onion, diced

Directions

1. Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the rotini, and return to a boil. Cook uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 8 minutes. Drain well in a colander, and set in the sink.
2. Stir together the mayonnaise, blue cheese dressing; buffalo wing sauce, salt and pepper in a large bowl. Add the chicken, bell peppers, red onion, and cooked pasta and toss to coat with the dressing. Cover and chill at least 1 hour in the refrigerator before serving.

August 2011 Tomato Festival

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Pasta Fresca Night	2 Ravioli Revolution \$2 margaritas & domestic beer at bar	3 DATE NIGHT SPECIAL	4 Lotza Lasagna \$2 margaritas at bar	5 Chicken Vesuvio Fiesta Weekend Fruitti Di Mare	6 Chicken Vesuvio Fiesta Weekend Prime Rib
7 Prime Rib Chicken Vesuvio Fiesta Weekend	8 Pasta Fresca Night	9 Ravioli Revolution \$2 margaritas & domestic beer at bar	10 DATE NIGHT SPECIAL	11 Lotza Lasagna \$2 margaritas at bar	12 Fruitti Di Mare	13 Prime Rib
14 Prime Rib	15 Pasta Fresca Night	16 Ravioli Revolution \$2 margaritas & domestic beer at bar Psychic Night 6 to 9	17 DATE NIGHT SPECIAL	18 Lotza Lasagna \$2 margaritas at bar	19 Fruitti Di Mare	20 Prime Rib
21 Prime Rib	22 Pasta Fresca Night	23 Ravioli Revolution \$2 margaritas & domestic beer at bar	24 DATE NIGHT SPECIAL	25 Lotza Lasagna \$2 margaritas at bar	26 Fruitti Di Mare	27 Prime Rib
28 Prime Rib	29 Pasta Fresca Night	30 Ravioli Revolution \$2 margaritas & domestic beer at bar	31 DATE NIGHT SPECIAL			

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Banquet Rooms Available

Mama Luigi's

Since 1948

7500 South Harlem Avenue -- Bridgeview, IL 60455

Phone: (708) 496-0900

www.mamaluigis.com

Banquets From 10 to 300 People

Mama Luigi's Extravagant Family Style -- A Feast For Royalty!

Choice of Baked Italian Style Chicken or Roast Chicken

This is our signature fall off the bone tender, juicy chicken specialty. We have guests that come back time after time and always include this chicken as one of their menu choices.

Choice of Roast Sirloin of Beef or Roast Pork

The best of the best choice sirloin or delectable pork roast well seasoned then slow roasted to perfection for that melding of flavors you just can't get anywhere else.

Choice of Penne Pasta with Italian Sausage or Polish Sausage with Sauerkraut

When it comes down to it, Mama Luigi's Italian Sausage is the best in Chicagoland if not the whole country. We've even shipped our sausage to a guest who re-located to England!

Mashed Potatoes with Gravy

The real deal whipped with butter than an extra dollop added when serving.

Vegetable

Fancy cut green beans prepared the traditional Italian way with all the flavor you'd expect.

Tossed Garden Salad with Choice of Three Dressings

House made dressing of your choice to top a fresh garden salad with fixings.

Choice of Soup or Fruit Cup

With a choice of homemade soups that are unique to Mama Luigi's your guests start their meal out with expectations of the wonderful feast that follows.

Rolls and Butter, Coffee, Tea or Milk Gelato or Sorbetto

Four Hour Deluxe Open Bar

With cream drinks and blended drinks, from Margaritas to Brandy Alexanders and everything in between, Wine or Champagne on all tables with dinner to make your dining experience complete.

Saturday Evening: \$37.99 total per person including tax and gratuity

Friday or Sunday Evening: \$31.99 total per person including tax and gratuity

Weekend Afternoon: \$23.99 total per person including tax and gratuity

(weekend afternoons have a Three Hour Deluxe Open Bar)

Shrimp Cocktail	6.49	Champagne Fountain	Per Arrangement
Hors d'oeuvres	5.99	Pastries	3.69
Fresh Vegetables	1.99	Name Brand Liqueur	2.49
Fresh Seasonal Fruit	Market	Extra Bar, Per Hour Per Person	3.49

Banquet Office Hours - Monday thru Friday 9 A.M. to 10 P.M.

Saturday - 10 A.M. to 10 P.M. Sunday - 12 Noon to 9 P.M.

"FOR THE BRIDE AND GROOM"

Fresh Flowers in Bud Vases and Formal Candles on All Tables.

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