



Food For Thought

Mama Luigi's



Jim Talerico

July 2007

HAPPY INDEPENDENCE DAY!

Classic Surf and Turf for Two Only \$79 All July

When it comes to celebrating the birthday of the "Greatest Country in the World" you can't skimp out and serve hot dogs and hamburgers. You have all summer to cook-out so why not start with a Mama Luigi's style celebration !!!

Dinner will consist of your choice of Soup or Garden Salad, Two Succulent Tender Lobster Tails and Two Juicy Mouthwatering Filet Mignons with our irresistible double baked potatoes, fresh vegetable and because July is a big birthday month in the Talerico family with my wife, Victoria July 4th, and my oldest son, Lewis July 5th, both celebrating birthdays we will include our family summer favorite Fresh Strawberry Short Cake dessert, FREE.



***Plus Royalty Reward Members will receive a FREE Set of Steak Knives to take home. A \$16.95 value**

(one set per Surf & Turf Special per visit while quantities last)

* Diamond Cut® 6pc Steak Knives in wood block. Features polypropylene handles and never needs sharpening blades. Dishwasher safe. Lifetime warranty. Gift boxed 2 lbs. Diamond Cut® knives by Maxam® are guaranteed to never need sharpening. Each blade is made from AISI 420J2 surgical stainless steel. The diamond cut edge is applied; then each blade is permanently bonded to the one piece polypropylene handle. Handles and blades are 100% dishwasher safe. Suggested retail price: \$16.95

"I like to see a man proud of the place in which he lives. I like to see a man live so that his place will be proud of him."

~Abraham Lincoln



Banquet Room Available

For years we've assumed that everybody knew we had banquet rooms. Well everybody doesn't know and we want to make sure to remind you that we have room for up to 300 of your closest friends should you decide to throw a hullabaloo! Or a wedding, anniversary, etc, etc...

SUMMER PARTY FUN WITH ALL THE WORK DONE FOR YOU!!!

Save all your energy for having some fun this summer. Instead of doing all the cooking, call Mama Luigi's and we'll be happy to cook-up all your yard party favorites. We can cater from 10 people to 1000 people, pick-up or delivery. Call 708-496-0900

Join Our Royalty Rewards Program and Save Every Time You Dine With US!

**Mama Luigi's Restaurant • Banquets • Catering
7500 S. Harlem Avenue, Bridgeview • Phone 708-496-0900**

**NO ENTERTAINMENT IN LOUNGE THIS
SUMMER**

Although we have enjoyed bringing local talent in to entertain on Friday and Saturday nights we will have to suspend our entertainment for the summer months and hope that there is more interest in it this fall.

**Please give us your input at
info@mamaluigis.com**

Funny Fourth of July Quotes

You have to love a nation that celebrates its independence every July 4, not with a parade of guns, tanks, and soldiers who file by the White House in a show of strength and muscle, but with family picnics where kids throw Frisbees, the potato salad gets iffy, and the flies die from happiness. You may think you have overeaten, but it is patriotism.

Erma Bombeck

Better to starve free than be a fat slave.

Aesop

I have always been among those who believed that the greatest freedom of speech was the greatest safety, because if a man is a fool, the best thing to do is to encourage him to advertise the fact by speaking.

Woodrow T. Wilson

Liberty means responsibility. That is why most men dread it.

George Bernard Shaw

Patriotism is the last refuge of scoundrels.

Mark Twain

There, I guess King George will be able to read that.

John Hancock, after signing the Declaration of Independence

“Our American values are not luxuries but necessities, not the salt in our bread, but the bread itself. Our common vision of a free and just society is our greatest source of cohesion at home and strength abroad, greater than the bounty of our material blessings.”

Jimmy Carter

**Preventing the
Afternoon Slump**

Dr. Jerry Teplitz -- author of *Managing Your Stress: How To Relax and Enjoy* -- offers these suggestions on how to avoid the dreaded afternoon slump:

- Drink water. Drink at least eight glasses a day, and keep a water bottle at your desk so that you can sip throughout the day.
- Avoid sugar and simple carbohydrates. You might get a quick boost from a candy bar but, over time, it will make things worse. Instead, choose lunch and snacks with whole grains, fruits, and protein.
- Eat small meals. Your body has to work hard to digest food. Instead of three meals, spread out six small meals over the course of the day.
- Avoid standard fluorescent lights. If you can replace the bulb in your office with a full-spectrum fluorescent tube, you may find yourself feeling less tired in the afternoon.
- Move around. Take a walk outside for 5 or 10 minutes a day to get your blood circulating, or at least run up and down the stairs for two minutes.

**WARNING.
Is Your Teenager Driving?**

According to the Insurance Information Institute, recent research showed that almost 80 percent of car crashes involved some type of driver inattention. Combine this with a study by the Monash University Accident Research Centre in Australia showing that drivers quadruple the time spent with their eyes off the road when text messaging, and you have a recipe for disaster. The Monash University study showed that text-messaging drivers were significantly less able to maintain their lateral position on the road and to detect and respond appropriately to traffic signs. There are no specific statistics for accidents caused by text messaging, but the practice is on the rise, especially among young drivers. According to the Allstate Foundation, 13 percent of teenagers admit to texting while driving. Stay safe: don't use cell phones for talking or texting while driving.

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Eddie gives George Forman some tips on how to run a knock-out restaurant and then they size up their muscles while visiting during spring training.

Summer Bar-b-Que Tips Patience, patience and more patience is the key to great Bar-B-Que.

When grilling ribs, steaks, chops and chicken, always slow cook for maximum tenderness and flavor, then generously lather each side of the meat with your favorite Bar-B-Que Sauce during the last 15 minutes. To achieve the ultimate flavor, it's best to marinate your meats for at least 24 hours prior to smoking. Don't forget to remove the thin membrane from the back of a pork rib slab before cooking it. If you're using charcoal, be sure to stack your coals in a pyramid-shaped mound for easy lighting. Dowse the charcoal with lighter fluid, wait 15 minutes, then light them. Spread the coals after they turn gray. The heat from the coals should last about 2 hours.

JULY CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 \$2.00 Margaritas At the BAR	2 A new record is set for throwing a Frisbee - 623.6 feet, 1988	3 \$2.00 Margaritas At the BAR	4 Independence Day!  CLOSED	5 \$2.00 Margaritas At the BAR	6 Elvis Presley, 19, makes his first record, 1954.	7 Roger Woodward, 7, falls out of a boat is first person to survive going over Niagara Falls, 1960
8 \$2.00 Margaritas At the BAR	9 National Sugar Cookie Day	10 \$2.00 Margaritas At the BAR	11 Surf & Turf for Two All Month	12 \$2.00 Margaritas At the BAR	13 	14 Surf & Turf for Two All Month
15 \$2.00 Margaritas At the BAR	16 	17 \$2.00 Margaritas At the BAR	18 A world record is set for catching a grape in your mouth-319 ft. 8 in., 1980	19 \$2.00 Margaritas At the BAR	20 Surf & Turf for Two All Month	21
22 \$2.00 Margaritas At the BAR	23 Surf & Turf for Two All Month	24 \$2.00 Margaritas At the BAR	25	26 \$2.00 Margaritas At the BAR	27	28 National Milk Chocolate Day
29 \$2.00 Margaritas At the BAR	30 National Cheesecake Day	31 \$2.00 Margaritas At the BAR	Surf & Turf for Two All Month	National July Belongs to Berries Month	National Ice Cream Month	

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WHAT'S INSIDE...

WARNING!

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July Surf & Turf & Steak Knife Set Deal !!!

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PREVENTING
THE AFTERNOON SLUMP

*

\$2.00 MARGARITAS
3 DAYS A WEEK IN LOUNGE

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BANQUETS



Platinum Plate
Award Winner 2007
"Best Italian
Restaurant"

Mama Luigi's
7500 S. Harlem Avenue
Bridgeview, IL 60455



Summer Bar-b-Que Ideas!
details inside!

PRESORTED
STANDARD
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CHICAGO, IL
PERMIT #4358

**SURF
&
TURF
&
STEAK KNIFE
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ALL JULY
LONG**

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