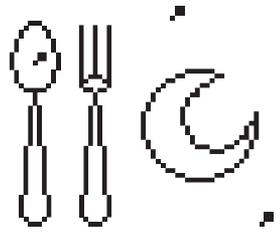


DINNER MEAL PLAN

Take Out *Delivery*



MENU October I

Enjoy freshly prepared delicious dinners at home by ordering from the FRIEDA Dinner Meal Plan, available 7 days a week.

This is not your usual take-out. Every day, our multi-generational kitchen team, led by David, prepares a dish you can easily reheat at home when you're ready for dinner.

All of our packaging is eco-friendly and can be used in the microwave (reheating instructions included).

* Due to fluctuations in the availability of the freshest ingredients, menus are occasionally subject to change.

** Prices do not include tax.

Cancel at least 48 hours prior to get a full refund.
Cancel less than 48 hours ahead for a 50% food and beverage credit to be used at FRIEDA.

Pick-up

At FRIEDA 2:30pm to 4:00pm.

Delivery

We deliver in zip code **19106** and **19103** for a delivery fee of \$3 (gratuity included). Delivery window from 4:30pm to 6:00pm.

All deliveries will be handed to the front desk of your building or left at your door.

Order

Please order online
www.friedaforgenerations.com
48 hours in advance.
\$17 per meal
You may add a small cup of soup or dessert (each \$3).

Soups of the week: Butternut squash (GF,DF) / Moroccan tomato bisque (DF,GF)

Desserts: Fresh fruit salad (VEG) / Carrot cake / 1Rugeach+1Mandelbrot

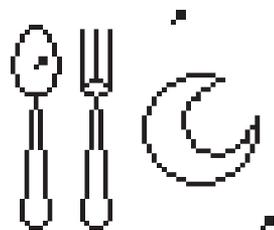
Mon	5	Turkey lasagna + Caponata + Chopped Caesar salad (GF)
Tue	6	Moroccan chicken + Israeli couscous + roasted vegetables + Chickpea salad (GF,DF)
Wed	7	Braised beef short rib + Gruyere mashed potatoes + Baked ratatouille + House salad (GF)
Thu	8	Pork loin roulade with sweet & spicy apple sausage stuffing + Creamed spinach + Roasted baby reds + Beet, orange, dill salad (GF)
Fri	9	Seafood stew + Jeweled rice pilaf + Baked ratatouille + House salad (DF)
Sat	Sun	(a) Deboned stuffed cornish hen with apple & cranberry stuffing + Mashed sweet potato w/ caramelized onion + Roasted vegetables (GF) OR (b) Lamb & beef meatloaf with tomato concasse + Mashed potatoes + Roasted vegetables + House salad
10	11	

FRIEDA (re)connecting generations

320 Walnut St. Philadelphia, PA 215 600 1291 hello@friedaforgenerations.com www.friedaforgenerations.com

DINNER MEAL PLAN

Take Out *Delivery*



MENU October II

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Order

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www.friedaforgenerations.com

48 hours in advance.

\$17 per meal

You may add a small cup of soup or dessert (each \$3).

Soups of the week: Butternut squash (GF,DF) / Chicken noodle (DF)

Desserts: Fresh fruit salad (VEG) / Apple tart / 1Rugeach+1Mandelbrot

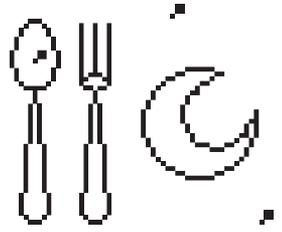
Mon	Cider braised chicken
12	+ Potato gratin + Roasted vegetables + Goat cheese salad (GF)
Tue	Korean beef pot
13	+ Braised bok choy + Kimchi + Sesame rice noodle salad (GF, DF)
Wed	Crab cake with remoulade
14	+ Cumin lentil cake + Beet, orange, dill salad (GF, DF)
Thu	Pork roulade with fig and goat cheese
15	+ Potato gratin + Roasted vegetables + House salad (GF)
Fri	Baked monkfish white wine lemon thyme sauce
16	+ Saffron rice + Roasted vegetables + Cucumber salad (GF,DF)
Sat	(a) Pot roast with braised vegetables + Coleslaw + House salad (DF,GF)
17	18 OR
	(b) Deboned chicken with basil wild rice stuffing + Apple glaze + Roasted carrots, string beans + House salad (GF,DF)

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DINNER MEAL PLAN

Take Out *Delivery*



MENU October III

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Pick-up

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Delivery

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Order

Please order online

www.friedaforgenerations.com

48 hours in advance.

\$17 per meal

You may add a small cup of soup or dessert (each \$3).

Soups of the week: Butternut squash (GF,DF) / Potato and Leek Vichyssoise (GF)

Desserts: Fresh fruit salad (VEG) / Pear flognarde / 1Rugeach+1Mandelbrot

Mon 19	Beef lasagna + Caponata + Caesar salad (GF)	
Tue 20	Canard a l'orange + Vegetable tian + Pommes frites + Spinach, strawberry salad w/goat cheese (GF)	
Wed 21	Braised short ribs with red wine sauce + Potato gratin + Roasted vegetables + House salad (GF)	
Thu 22	Chicken and italian sausage cassoulet + Baked ratatouille + House salad (GF,DF)	
Fri 23	Paella Valenciana + Arugula, pear, blue cheese salad (GF)	
Sat 24	Sun 25	(a) Pot roast with braised vegetables + Coleslaw + House salad (DF,GF) OR (b) Deboned chicken with basil wild rice stuffing + Apple glaze + Roasted carrots, string beans + House salad (GF,DF)

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