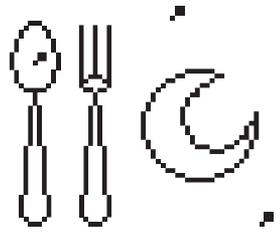


DINNER MEAL PLAN

Take Out *Delivery*



MENU November II

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	Turkey lasagna
9	+ Caponata + Chopped Caesar salad
Tue	Chicken and chorizo sausage cassoulet
10	+ Baked ratatouille + House salad (GF,DF)
Wed	Braised beef short rib with red wine jus
11	+ Glazed carrots + Pomme puree + House salad (GF)
Thu	Pork loin roulade with brown butter apple & gouda stuffing
12	+ Green beans + Beet, orange, dill salad (GF)
Fri	Poached barramundi filet (sea bass family) with white wine citrus sauce
13	+ Sweet potato puree + Sauteed Spinach + House salad (GF)
Sat	(a) Pot roast with braised vegetables + Fennel & apple slaw (DF,GF)
14	15 OR
	(b) Deboned chicken with chorizo stuffing, honey glaze + Roasted vegetables + Bulgur salad with maple dressing (DF)

FRIEDA (re)connecting generations

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