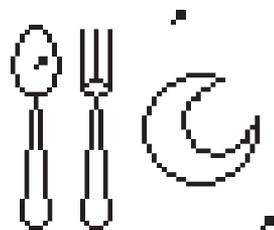


DINNER MEAL PLAN

Take Out *Delivery*



MENU October IV

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) / Smoky tomato bisque (GF,DF)

Desserts: Fresh fruit salad (VEG) / Orange almond cake (GF) / 1Rugeach+1Mandelbrot

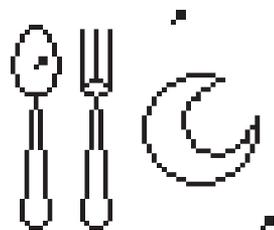
Mon	Sous vide pork loin with romesco sauce	
26	+ Braised swiss chard + Mashed potatoes + House salad (GF)	
Tue	Chicken curry	
27	+ Jeweled rice + Pineapple chutney + Yogurt cucumber salad (GF)	
Wed	Crab cake with remoulade	
28	+ Baked ratatouille + Coleslaw + House salad (GF,DF)	
Thu	Braised lamb with red wine & prunes	
29	+ Rice pilaf + Roasted cauliflower and broccoli + Cucumber salad (GF,DF)	
Fri	Seafood stew	
30	+ Jeweled rice + Caponata + Caesar chopped salad (DF)	
Sat	Sun	(a) Turkey Meatloaf + cranberry preserves + Mashed potatoes + Roasted vegetables + House salad (GF) OR (b) Spatchcock chicken, brown butter sage, butternut squash + Homemade stuffing + Sauteed green bean amandine + House salad (GF)
31	1	

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 November I

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Order

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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) / Barszcz (Polish borscht) (DF,GF)

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

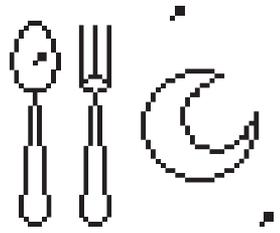
Mon 2	Casserole de poulet aux champignons (<i>mushroom chicken casserole</i>) + Rice pilaf + Roasted vegetables + Fennel, orange salad	
Tue 3	Roasted pork loin with red wine sauce w/ prunes + Mashed potatoes + Sautéed green beans + House salad (GF)	
Wed 4	Crab cake with sriracha aioli + potato salad + Orange & goat cheese salad with citrus vinaigrette (GF)	
Thu 5	Lamb curry + Jeweled rice + Roasted cauliflower + Pickled vegetables + House salad (GF,DF)	
Fri 6	Baked salmon with sumac + Brown & wild rice + Sautéed green vegetables + Coleslaw (GF,DF)	
Sat 7	Sun 8	(a) Pot roast with braised vegetables + Fennel & apple slaw (DF,GF) OR (b) Deboned chicken with chorizo stuffing, honey glaze + Roasted vegetables + Bulgur salad with maple dressing (DF)

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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).

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Pick-up

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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.

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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) / Moroccan tomato bisque (DF,GF)

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

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

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