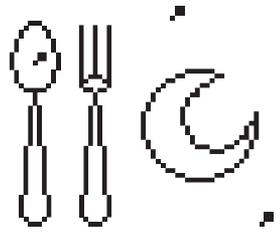


DINNER MEAL PLAN

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

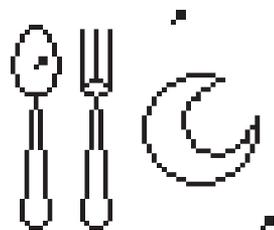
Mon	Turkey lasagna
9	+ Caponata + Chopped Caesar salad
Tue	Chicken and chorizo sausage cassoulet
10	+ Baked ratatouille + House salad (GF,DF)
Wed	Braised beef short rib with red wine jus
11	+ Glazed carrots + Pomme puree + House salad (GF)
Thu	Pork loin roulade with brown butter apple & gouda stuffing
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

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

DINNER MEAL PLAN

Take Out *Delivery*



MENU November III

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) / Chicken noodle (DF)

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

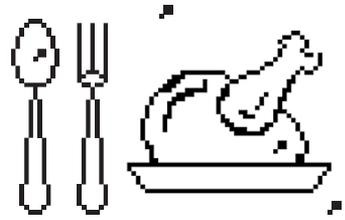
Mon	16	Cider braised chicken + Potato gratin + Roasted vegetables + Goat cheese salad (GF)
Tue	17	Korean beef pot + Braised bok choy + Kimchi + Sesame rice noodle salad (GF,DF)
Wed	18	Crab cake with remoulade + Cumin lentil cake + Beet, orange, dill salad (GF,DF)
Thu	19	Roasted pork loin with maple glaze + Potato gratin + Sauteed spinach + Cranberry chutney (GF)
Fri	20	Baked monkfish white wine lemon thyme sauce + Saffron rice + Roasted vegetables + Coleslaw (GF,DF)
Sat	21	(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 almondine + House salad (GF)
Sun	22	

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DINNER MEAL PLAN

Take Out Delivery



MENU November 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.

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

Desserts: Fresh fruit salad (VEG) / Sticky toffee pudding / 1 Rugeach+1Mandelbrot

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).

Mon	23	Beef lasagna + Sautéed green vegetables + Spinach & apple salad w/ maple vinaigrette
Tue	24	Braised beef with red wine sauce + Pommes puree + Roasted vegetables + House salad (GF)
Wed	25	Pork belly confit, red wine w/ fig sauce + Mashed potatoes + Sautéed spinach + Fennel, apple pickled salad (GF)
Thu	26	Be aware that the Pick-Up/Delivery is on Nov 25 (a) Carved Turkey with chestnut, apple stuffing and Port reduction + brown butter sage butternut squash + String beans amandine and citrus glazed carrots + Roasted beet salad with maple dressing OR (b) Sous-vide Pork roulade with cranberry, apple stuffing and its jus (sauce) + Sweet potato colcannon + Sautéed spinach + Roasted beet salad w/ maple dressing (GF)
Fri	27	Honey dijon glazed Atlantic salmon + Jeweled rice pilaf + Roasted vegetables + Coleslaw (GF,DF)
Sat	28	(a) Spatchcock chicken, brown butter sage, butternut squash + Homemade stuffing + Sautéed green bean almondine + House salad (GF) OR
Sun	29	(b) Turkey Meatloaf + Cranberry preserves + Mashed potatoes + Roasted vegetables + House salad (GF)

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