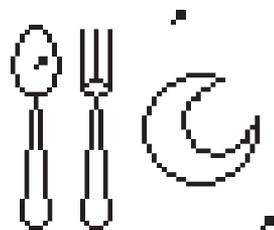


# DINNER MEAL PLAN

Take Out *Delivery*



## MENU December 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 **19107, 19106, 19103 and 19102** for a delivery fee of \$3. 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](http://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) / Pear tart / 1Rugelach + 1Mandelbrot

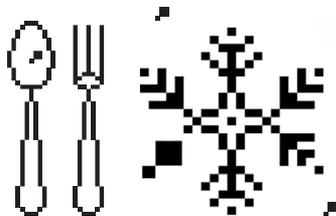
Mon	Cassoulet
<b>14</b>	+ Duck leg confit + Chicken apple sausage + House salad (GF,DF)
Tue	Korean beef pot
<b>15</b>	+ Braised bok choy + Jeweled rice + Kimchi + Soba noodle salad (DF)
Wed	Crab cake with remoulade
<b>16</b>	+ Cumin lentil cake + Beet, orange, dill salad (GF,DF)
Thu	Honey mustard glazed pork loin
<b>17</b>	+ Sauteed spinach + Roasted potatoes + House salad (GF)
Fri	Salmon terrine
<b>18</b>	+ Roasted cauliflower, broccoli & carrots + house salad (GF)
Sat	(a) Turkey Meatloaf + Cranberry preserves + Mashed potatoes +
<b>19</b>	<b>20</b> Roasted vegetables + House salad (GF) OR
	(b) Spatchcock chicken, brown butter sage, butternut squash
	+ Homemade stuffing + Sauteed green bean amandine + House salad

**FRIEDA (re)connecting generations**

320 Walnut St. Philadelphia, PA 215 600 1291 [hello@friedaforgenerations.com](mailto:hello@friedaforgenerations.com) [www.friedaforgenerations.com](http://www.friedaforgenerations.com)

# DINNER MEAL PLAN

## Take Out Delivery



## MENU December 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 **19107, 19106, 19103 and 19102** for a delivery fee of \$3. 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](http://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) / Split & sweet pea soup (GF,DF)

Desserts: Fresh fruit salad (VEG) / Chocolate Espresso Cake / 1 Rugeach + 1 Mandelbrot

Mon <b>21</b>	Chicken apricot tagine + Israeli couscous + Tabbouleh salad (DF)	
Tue <b>22</b>	Braised beef with red wine sauce + Duchess potatoes + Roasted vegetables + House salad (GF)	
Wed <b>23</b>	3-Meat lasagna + Sauteed green vegetables + Roasted vegetable salad w/ maple dijon vinaigrette	
Thu <b>24</b>	Duck leg confit with orange sauce + Mashed potatoes + Sauteed spinach + House salad (GF)	
Fri <b>25</b>	<b>Be aware that the Pick-Up (1:00pm to 3:00pm) / Delivery (3:00pm to 5:00pm) is on December 24</b> (a) <u>Traditional - Chef carved glazed ham</u> + Sweet potato colcannon, Green bean mushroom casserole + Baby kale salad with pear, roasted pecans, gorgonzola, FRIEDA vinaigrette + FRIEDA's Yorkshire pudding with dill and smoked salmon (Appetizer) OR (b) <u>Black sea bass en papillote with sour cream &amp; dill sauce</u> + Jeweled rice + Green bean mushroom casserole + Baby kale salad with pear, roasted pecans, gorgonzola, FRIEDA vinaigrette + FRIEDA's Yorkshire pudding with dill and smoked salmon (Appetizer)	
Sat <b>26</b>	Sun <b>27</b>	(a) Spatchcock chicken, brown butter sage, butternut squash + Homemade stuffing + Sauteed green bean almondine + House salad (GF) OR (b) Turkey Meatloaf + Cranberry preserves + Mashed potatoes + Roasted vegetables + House salad (GF)

## FRIEDA (re)connecting generations

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