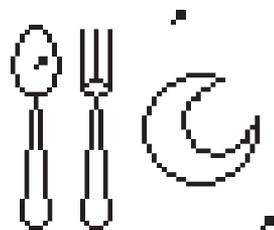


DINNER MEAL PLAN

Take Out *Delivery*



MENU December 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 **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

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) / White bean & spinach (DF,GF)

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

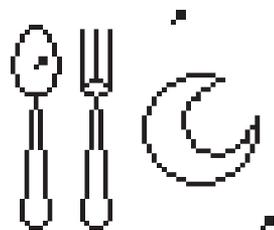
Mon 7	Turkey lasagna + Caponata + Chopped Caesar salad	
Tue 8	Cider braised chicken + Rice pilaf + Butternut squash & apple casserole + Cranberry spinach salad (GF,DF)	
Wed 9	Braised beef short rib with red wine jus + Polenta cake + Glazed carrots + House salad (GF)	
Thu 10	Pork loin roulade with brown butter apple & gouda stuffing + Green beans + Beet, orange, dill salad (GF)	
Fri 11	Baked barramundi filet (sea bass family) with white wine sauce + Sweet potato puree + Sauteed Spinach + House salad (GF)	
Sat 12	Sun 13	(a) Pot roast with braised vegetables + Potato gratin + House salad (GF) OR (b) Deboned chicken with Wild rice stuffing, apricot glaze + Roasted vegetables + House salad (GF,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 December III

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

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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) / Chicken noodle (DF)

Desserts: Fresh fruit salad (VEG) / Pear tart / 1Rugelach + 1Mandelbrot

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

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