

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.

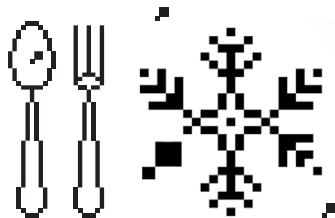
** Prices do not include tax.

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.

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



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).

Mon	21	Chicken apricot tagine + Israeli couscous + Tabbouleh salad (DF)
Tue	22	Braised beef with red wine sauce + Duchess potatoes + Roasted vegetables + House salad (GF)
Wed	23	3-Meat lasagna + Sauteed green vegetables + Roasted vegetable salad w/ maple dijon vinaigrette
Thu	24	Duck leg confit with orange sauce + Mashed potatoes + Sauteed spinach + House salad (GF)
Fri	25	Be aware that the Pick-Up (1:00pm to 3:00pm) / Delivery (3:00pm to 5:00pm) is on December 24 (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 & 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	26	(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)
Sun	27	

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 V

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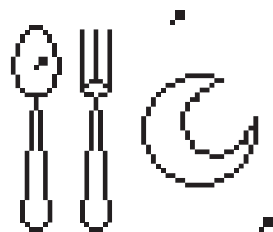
** Prices do not include tax.

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Soups of the week: Butternut squash (GF,DF) / Split pea & ham (GF)

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



Pick-up

At FRIEDA 2:30pm to 4:00pm.

Delivery

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Order

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www.friedaforgenerations.com

48 hours in advance.

\$17 per meal

You may add a small cup of soup or dessert (each \$3).

Mon	Chicken curry
28	+ Jeweled bulgur + Roasted carrots + Pickled vegetables + House salad (DF)
Tue	Braised beef with red wine jus
29	+ Mashed Potato + Glazed carrots + House salad (GF)
Wed	Crab cake
30	+ Remoulade + Roasted vegetables + Potato salad (GF)
Thu	(a) <u>Coulibiac (salmon in puff pastry) w/tarragon white wine sauce</u>
31	+ String bean almondine + Glazed carrots + Lentil, beet and goat cheese salad w/maple dressing OR
	(b) <u>Pork 3 ways (loin roulade, braised shoulder, belly confit)</u>
	+ Sweet potato puree + String bean almondine + Lentil, beet and goat cheese salad w/maple dressing (GF)
Fri	Be aware that the Pick-Up (1:00pm to 3:00pm) /
1	Delivery (3:00pm to 5:00pm) is on December 31
	3-Fish terrine + Baked ratatouille + Balsamic glazed Brussel sprout + House salad (GF)
Sat	(a) Deboned cornish hen with brown rice pilaf stuffing, apricot glazed
2	+ roasted vegetables + mashed potatoes (GF) OR
Sun	(b) Beef & lamb lasagna + sauteed string beans & carrots
3	+ Roasted artichoke salad over arugula

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