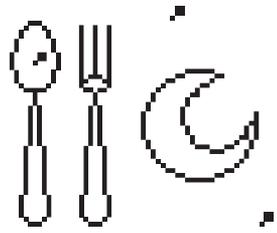


# DINNER MEAL PLAN

## Take Out Delivery



## MENU December V

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 pea & ham (GF)

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

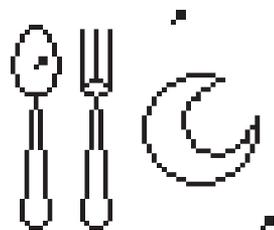
Mon	Chicken curry
28	+ Jeweled bulgur + Roasted carrots + Pickled vegetables + House salad (DF)
Tue	Braised beef with red wine jus
29	+ Mashed Potato + Glazed carrots + House salad (GF)
Wed	Crab cake
30	+ Remoulade + Roasted vegetables + Potato salad (GF)
Thu	(a) <u>Coulibiac (salmon in puff pastry) w/tarragon white wine sauce</u> + 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	<b>Be aware that the Pick-Up (1:00pm to 3:00pm) / Delivery (3:00pm to 5:00pm) is on December 31</b>
1	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

## 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 January I

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

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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.

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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) / Mushroom & Barley (DF)

Desserts: Fresh fruit salad (VEG) / Galette des Rois / 1Rugelach+1Mandelbrot

Mon	Ginger braised chicken	
4	+ Jeweled Rice + Bok choy + Soba noodle salad (DF)	
Tue	Brisket	
5	+ Potato gratin + Sauteed spinach + House salad (GF)	
Wed	Seafood lasagna	
6	+ Roasted vegetables + Chopped Caesar salad	
Thu	Pork shoulder w/ Port & Prunes + Jeweled bulgur + Roasted carrots	
7	+ Pickled vegetables + House salad (DF)	
Fri	Atlantic salmon with creamy sun dried tomato sauce + Herb couscous	
8	+ Balsamic glazed vegetables + House salad	
Sat	Sun	(a) Deboned cornish hen with brown rice pilaf stuffing, apricot glazed
9	10	+ roasted vegetables + mashed potatoes (GF) OR
		(b) Beef & lamb lasagna + sauteed string beans & carrots
		+ Roasted artichoke salad over arugula

**FRIEDA (re)connecting generations**

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