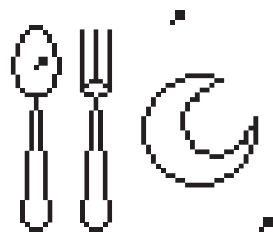


DINNER MEAL PLAN

Take Out *Delivery*



MENU February I

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) / Split pea & ham (GF)

Desserts: Fresh fruit salad (VEG) / Coffee Cake / 1Rugelach+1Mandelbrot

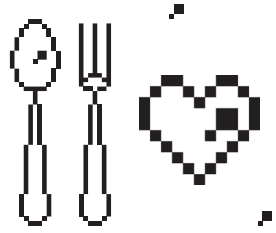
Mon	1	Chicken curry + Saffron rice + Roasted carrots + Pickled vegetables + House salad (DF)
Tue	2	Braised beef with red wine jus + Mashed Potato + Glazed carrots + House salad (GF)
Wed	3	Crab cake + Remoulade + Roasted vegetables + Potato salad (GF)
Thu	4	Porc aux champignons (<i>pork with mushrooms</i>) + Potato gratin + Sauteed vegetables + House salad
Fri	5	Coulibiac (salmon in puff pastry) w/tarragon white wine sauce + String bean almondine + Lentil, beet and goat cheese salad w/maple dressing
Sat	6	(a) Deboned cornish hen with brown rice pilaf stuffing, apricot glazed + Roasted potatoes & vegetables + House salad (GF) OR
Sun	7	(b) Beef & lamb shepherd's pie + Braised red cabbage & apples + House salad (GF)

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 February 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) / Moroccan tomato bisque (GF,DF)

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

Mon 8	Cassoulet + Duck leg confit + Chicken apple sausage + Roasted beet salad
Tue 9	Korean beef pot + Braised bok choy + Basmati rice + Kimchi + Sesame rice noodle salad (GF,DF)
Wed 10	Seafood lasagna + Roasted vegetables + Chopped Caesar salad
Thu 11	Baeckeoffe (braised lamb, pork, and beef with vegetables and wine) + House salad (DF)
Fri 12	Atlantic salmon with sumac + Herb brown & wild rice + Sautéed vegetables + House salad (GF,DF)
Sat 13	(a) Deboned cornish hen with brown rice pilaf stuffing, apricot glazed + Roasted potatoes & vegetables + House salad (GF) OR (b) Beef & lamb shepherd's pie + Braised red cabbage & apples + House salad (GF)
Thu 14	(a) <u>Short rib Wellington</u> + Roasted Brussel sprouts and beets, Sautéed Spinach + Frisee salad, pears, pecans, blue cheese w/ cranberry vinaigrette OR (b) <u>Duo of cod and salmon w/ spinach</u> + Roasted Brussel sprouts and beets + Frisee salad, pears, pecans, blue cheese w/ cranberry vinaigrette

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