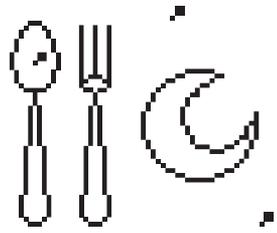


DINNER MEAL PLAN

Take Out *Delivery*



MENU January 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
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) / Sticky Toffee / 1Rugelach+1Mandelbrot

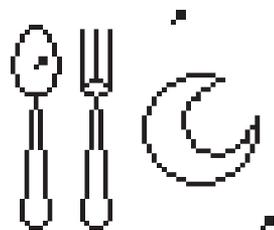
Mon	Cider braised chicken
18	+ Roasted potatoes & vegetables + Cranberry spinach salad (GF,DF)
Tue	Spiced lamb with red wine plum sauce
19	+ Herbed Couscous + Roasted vegetables + Pickled vegetables (DF)
Wed	Salmon cake with lemon dill sauce
20	+ Roasted potatoes + Sautéed vegetables + House salad (GF)
Thu	Pork loin roulade with brown butter apple & gouda stuffing
21	+ Sweet potato puree + Green beans + Beet, orange, dill salad (GF)
Fri	Baked crab stuffed salmon
22	+ Lemon dill rice + Roasted asparagus & butternut squash + House salad (GF)
Sat	(a) Swedish beef meatloaf + Mashed potatoes + Cauliflower & broccoli + House salad OR (b) Deboned chicken with Chorizo rice stuffing, apricot glaze + Roasted vegetables + House salad (GF)
23 24	

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 January 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

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	Baked honey mustard chicken
25	+ Sauteed spinach + Roasted potatoes + House salad (GF)
Tue	Korean beef pot
26	+ Braised bok choy + Kimchi + Sesame rice noodle salad (GF,DF)
Wed	Crab cake with remoulade
27	+ Cumin lentil cake + Beet, orange, dill salad (GF,DF)
Thu	Maple glazed roasted pork loin
28	+ Potato gratin + Roasted vegetables + House salad (GF)
Fri	Monkfish with mushroom & onion sauce
29	+ Jeweled rice + Sauteed green bean almondine + House salad (GF)
Sat	(a) Turkey Meatloaf + Cranberry preserves + Mashed potatoes
30	+ Roasted vegetables + House salad (GF) OR
Sun	(b) Spatchcock chicken, brown butter sage, butternut squash
31	+ Mashed potatoes + Sauteed green bean almondine + House salad

FRIEDA (re)connecting generations

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