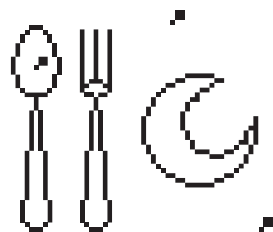


# DINNER MEAL PLAN

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](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) / Chicken noodle (DF)

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

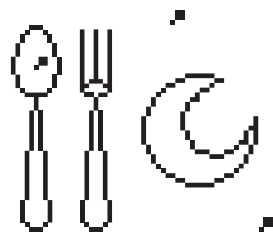
Mon	Baked honey mustard chicken
<b>25</b>	+ Sauteed spinach + Roasted potatoes + House salad (GF)
Tue	Korean beef pot
<b>26</b>	+ Braised bok choy + Kimchi + Sesame rice noodle salad (GF,DF)
Wed	Crab cake with remoulade
<b>27</b>	+ Cumin lentil cake + Beet, orange, dill salad (GF,DF)
Thu	Maple glazed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

**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 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](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) / 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)

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