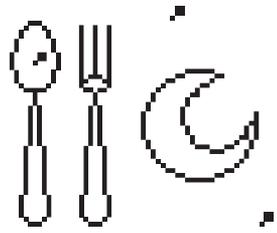


DINNER MEAL PLAN

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.

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) / Mushroom & Barley (DF)

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

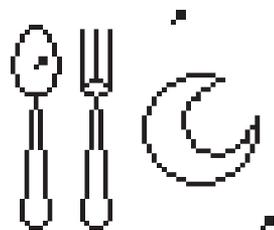
Mon	4	Ginger braised chicken + Jeweled Rice + Bok choy + Soba noodle salad (DF)
Tue	5	Brisket + Potato gratin + Sauteed spinach + House salad (GF)
Wed	6	Seafood lasagna + Roasted vegetables + Chopped Caesar salad
Thu	7	Pork shoulder w/ Port & Prunes + Jeweled bulgur + Roasted carrots + Pickled vegetables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

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 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.

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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) / Potato & leek (GF)

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

Mon 11	Casserole de poulet aux champignons (mushroom chicken casserole) + Jeweled rice + Roasted vegetables + Fennel, orange salad	
Tue 12	Braised beef short rib with red wine jus + Herbed mashed potatoes + Sauteed vegetables + House salad (GF)	
Wed 13	Crab cake with sriracha aioli + Potato salad + Arugula, orange, & goat cheese salad (GF)	
Thu 14	Lamb curry + Yellow rice + Spiced carrot fritters + Pineapple chutney (GF)	
Fri 15	Baked cod w/ gremolata, white wine sauce + Rice pilaf + Caponata + House salad	
Sat 16	Sun 17	(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)

FRIEDA (re)connecting generations

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