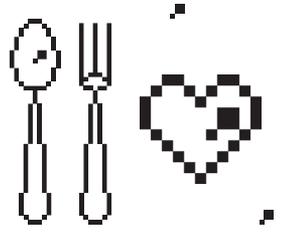


DINNER MEAL PLAN

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

\$17 per meal

48 hours in advance.

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

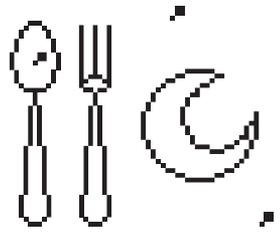
Mon 8	Cassoulet + Duck leg confit + Chicken apple sausage + Roasted beet salad
Tue 9	Korean beef pot + Braised bok choy + Basmati rice + Kimchi + Sesame rice noodle salad (GF,DF)
Wed 10	Seafood lasagna + Roasted vegetables + Chopped Caesar salad
Thu 11	Baeckeoffe (braised lamb, pork, and beef with vegetables 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

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 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) / Potato & leek (GF)

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

Mon 15	Casserole de poulet aux champignons (<i>mushroom chicken casserole</i>) + Jeweled rice + Roasted vegetables + Fennel, orange salad	
Tue 16	Braised beef short rib with red wine jus + Herbed mashed potatoes + Sauteed vegetables + House salad (GF)	
Wed 17	Crab cake with sriracha aioli + Potato salad + Arugula, orange, & goat cheese salad (GF)	
Thu 18	Lamb curry + Yellow rice + Spiced carrot fritters + Mango chutney (GF)	
Fri 19	Lemon pepper baked cod, white wine sauce + Rice pilaf + Caponata + House salad (GF)	
Sat 20	Sun 21	(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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