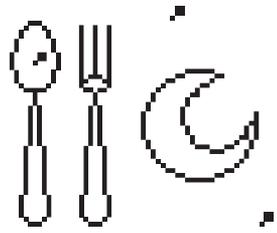


DINNER MEAL PLAN

Take Out *Delivery*



MENU February 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) / White bean & spinach (DF,GF)

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

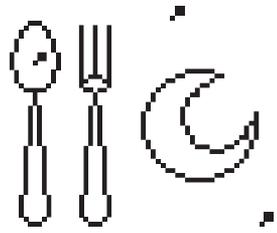
Mon	Moroccan chicken
22	+ Israeli couscous + Roasted carrots + Chickpea salad
Tue	Boeuf bourguignon
23	+ Mashed potatoes + Roasted vegetables + House salad
Wed	Salmon cake with lemon dill sauce
24	+ Roasted potatoes + Sautéed vegetables + House salad (GF)
Thu	Pork loin roulade with brown butter apple & gouda stuffing
25	+ Sweet potato puree + Green beans + Beet, orange, dill salad (GF)
Fri	Seafood stew
26	+ jeweled rice + Baked ratatouille + House salad (DF)
Sat	(a) Swedish beef meatloaf
27	+ Mashed potatoes + Cauliflower & broccoli + House salad) OR
Sun	(b) Deboned chicken with Chorizo rice stuffing, apricot glaze
	+ Roasted vegetables + 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 March I

Enjoy freshly prepared delicious dinners at home by ordering from the FRIEDA Dinner Meal Plan, available 7 days a week.

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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) / Lentil (GF,DF)

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

Mon 1	Casserole de poulet aux champignons (<i>mushroom chicken casserole</i>) + Rice pilaf + Roasted vegetables + Fennel, orange salad	
Tue 2	Brisket + Potato gratin + Sautéed spinach + House salad (GF)	
Wed 3	Crab cake with sriracha aioli + potato salad + Orange & goat cheese salad with citrus vinaigrette (GF)	
Thu 4	Roasted pork loin with red wine sauce w/ prunes + Mashed potatoes + Sautéed green beans + House salad (GF)	
Fri 5	Baked salmon with sumac + Brown & wild rice + Sautéed green vegetables + Coleslaw (GF,DF)	
Sat 6	Sun 7	(a) Pot roast with braised vegetables + Fennel & apple slaw (DF,GF) OR (b) Deboned cornish hen with basil rice stuffing, citrus glaze + Roasted vegetables + Bulgur salad with maple dressing (DF)

FRIEDA (re)connecting generations

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