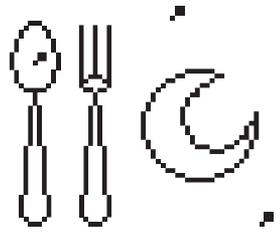


DINNER MEAL PLAN

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.

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) / Lentil (GF,DF)

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

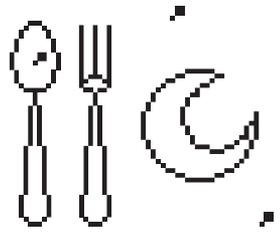
Mon 1	Casserole de poulet aux champignons (<i>mushroom chicken casserole</i>) + Rice pilaf + Roasted vegetables + Fennel, orange salad	
Tue 2	Brisket + Potato gratin + Sautéed spinach + House salad (GF)	
Wed 3	Crab cake with sriracha aioli + potato salad + Orange & goat cheese salad with citrus vinaigrette (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

320 Walnut St. Philadelphia, PA 215 600 1291 hello@friedaforgenerations.com www.friedaforgenerations.com

DINNER MEAL PLAN

Take Out *Delivery*



MENU March 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
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) / Vegetable gnocchi

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

Mon	8	Chicken and chorizo sausage cassoulet + Baked ratatouille + House salad (GF,DF)
Tue	9	Three meat lasagna Bolognese + Sauteed spinach + Chopped caesar salad
Wed	10	Braised beef short rib with red wine jus + Glazed carrots + Pomme puree + House salad (GF)
Thu	11	Prosciutto pork loin with mushroom wine sauce + Green beans + Beet, orange, dill salad (DF)
Fri	12	Poached barramundi filet (<i>sea bass family</i>) with white wine sauce + Sweet potato puree + Sauteed asparagus + House salad (GF)
Sat	Sun	(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)
13	14	

FRIEDA (re)connecting generations

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