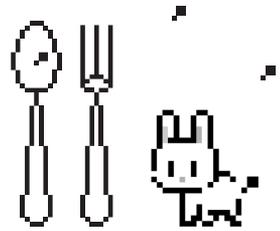


DINNER MEAL PLAN

Take Out Delivery



MENU April 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 vegetable (GF,DF)

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

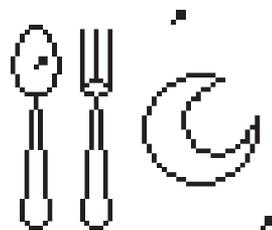
Mon 29	Chicken curry + Saffron rice + Roasted carrots + Mango chutney + Chickpea salad (DF)
Tue 30	Braised beef with red wine jus + Mashed Potato+ Sautéed green beans + House salad (GF)
Wed 31	Crab cake + Remoulade + Baked ratatouille + Coleslaw (GF)
Thu 1	Braised pork with fennel, herbs, and wine + smashed potatoes + roasted asparagus+ orange arugula salad (GF)
Fri 2	Lemon pepper baked cod + Rice pilaf+ Caponata + House salad (GF)
Sat 3	(a) Deboned chicken with brown rice mushroom pilaf, apricot glazed + roasted red potatoes + House salad (GF) OR (b) Three meat lasagna + Parmesan broccoli + House salad
Sun 4	* Saturday, April 3: Pick-Up 2 pm - 4 pm Delivery 4:30 pm - 6 pm (a) <u>Chef carved ham</u> + Mashed root vegetables + Sautéed green vegetables + Spinach, feta, strawberry salad with raspberry vinaigrette OR (b) Slow roasted marinated lamb with jus + Mashed root vegetables + Sautéed green vegetables + Spinach, feta, strawberry salad with raspberry 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 April 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) / Moroccan tomato bisque (GF,DF)

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

Mon	5	Cassoulet + Duck leg confit + Chicken apple sausage + Roasted beet salad
Tue	6	Korean beef pot + Braised vegetables + Basmati rice + Kimchi + Sesame rice noodle salad (GF, DF)
Wed	7	Seafood lasagna + Roasted vegetables + Chopped Caesar salad
Thu	8	Pore aux champignons (pork with mushrooms) + Sweet potato gratin + Sauteed vegetables + House salad (GF)
Fri	9	Monkfish with crabmeat Nantua sauce + Brown & wild rice + Sauteed vegetables + House salad (GF)
Sat	Sun	(a) Deboned chicken with brown rice mushroom pilaf, apricot glazed + roasted red potatoes + House salad (GF) OR (b) Three meat lasagna + Parmesan broccoli + House salad

FRIEDA (re)connecting generations

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