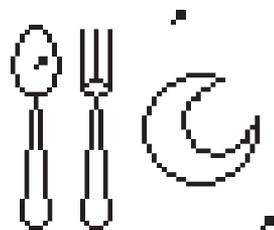


DINNER MEAL PLAN

Take Out *Delivery*



MENU March 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) / Chicken noodle (DF)

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

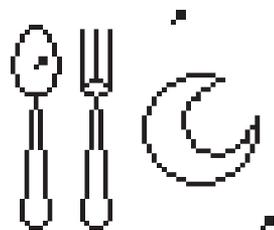
Mon	Cider braised chicken
15	+ Potato gratin + Roasted vegetables + Goat cheese salad (GF)
Tue	Korean beef pot
16	+ Braised bok choy + Brown rice + Kimchi + Sesame rice noodle salad (GF,DF)
Wed	Crab cake with remoulade
17	+ Cumin lentil cake + Beet, orange, dill salad (GF,DF)
Thu	Sous vide pork loin with romesco sauce
18	+ Roasted potatoes + Sautéed spinach + House salad
Fri	Baked monkfish white wine lemon thyme sauce
19	+ Saffron rice + Roasted vegetables + Coleslaw (GF,DF)
Sat	(a) Turkey Meatloaf + Cranberry preserves + Mashed potatoes
20	+ Roasted vegetables + House salad (GF) OR
Sun	(b) Spatchcock chicken, brown butter sage, butternut squash
21	+ Mashed potatoes + Sautéed green beans & carrots + 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 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: 3 Bean Soup (GF,DF) / Matzo ball & Dill

Desserts: Fresh fruit salad (VEG) / Orange almond cake / 1Rugelach+1Mandelbrot

Mon 22	Duck leg confit with red wine cherry balsamic sauce + Wild & brown rice + brussel sprouts + House salad (DF,GF)	
Tue 23	Braised beef with red wine jus + Sauteed carrots and green beans + Mashed potatoes + House salad (GF)	
Wed 24	Crab cake with remoulade + sauteed vegetables + Beet, orange, dill salad (GF,DF)	
Thu 25	Honey garlic glazed pork + roasted beets & carrots + Herb brown rice + House salad	
Fri 26	Pesto crusted salmon + Vegetable rice pilaf + coleslaw + House salad	
Sat 27	Sun 28	(a) Turkey Meatloaf + Cranberry preserves + Mashed potatoes + Roasted vegetables + House salad (GF) OR (b) Spatchcock chicken, brown butter sage, butternut squash + Mashed potatoes + Sauteed green beans & carrots + House salad (GF)

FRIEDA (re)connecting generations

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