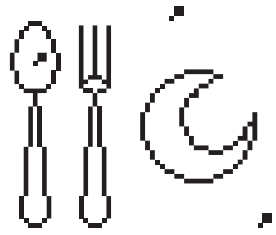


DINNER MEAL PLAN

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

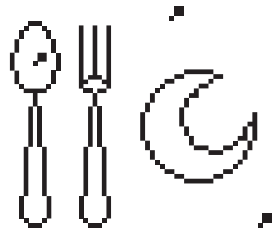
Mon 8	Chicken and chorizo sausage cassoulet + Baked ratatouille + House salad (GF,DF)	
Tue 9	Three meat lasagna Bolognese + Sauteed spinach + Chopped caesar salad	
Wed 10	Braised beef short rib with red wine jus + Glazed carrots + Pomme puree + House salad (GF)	
Thu 11	Prosciutto pork loin with mushroom 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 13	Sun 14	(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 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