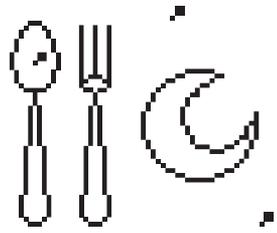


# DINNER MEAL PLAN

Take Out *Delivery*



## MENU April 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](http://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) / Potato & leek Vichyssoise (cold)

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

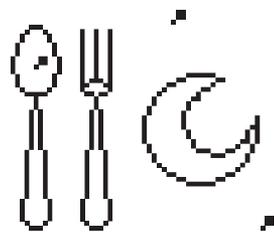
Mon <b>12</b>	Casserole de poulet aux champignons ( <i>mushroom chicken casserole</i> ) + Jeweled rice + Roasted vegetables + Fennel, orange salad	
Tue <b>13</b>	Braised beef short rib with red wine jus + Herbed mashed potatoes+ Sauteed vegetables + House salad (GF)	
Wed <b>14</b>	Crab cake with lemon aioli + Potato Salad + Arugula, orange, & goat cheese salad (GF)	
Thu <b>15</b>	Lamb Tagine + Israeli couscous + Roasted vegetables + Mango chutney (GF)	
Fri <b>16</b>	Seafood stew + Jeweled rice + Baked ratatouille + Strawberry spinach salad	
Sat <b>17</b>	Sun <b>18</b>	(a) Swedish beef meatloaf + Mashed potatoes + Cauliflower & broccoli + House salad OR (b) Deboned chicken with Chorizo rice stuffing, honey glaze+ Roasted vegetables + House salad (GF)

**FRIEDA (re)connecting generations**

320 Walnut St. Philadelphia, PA 215 600 1291 [hello@friedaforgenerations.com](mailto:hello@friedaforgenerations.com) [www.friedaforgenerations.com](http://www.friedaforgenerations.com)

# DINNER MEAL PLAN

Take Out *Delivery*



## MENU April 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](http://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) / Orange almond cake / 1Rugelach+1Mandelbrot

Mon	Moroccan chicken
<b>19</b>	+ Israeli couscous + Roasted carrots + Chickpea salad
Tue	Boeuf bourguignon
<b>20</b>	+ Mashed potatoes + Roasted vegetables + House salad
Wed	Crab cake with lemon dill sauce
<b>21</b>	+ Roasted potatoes + Sautéed vegetables + House salad (GF)
Thu	Pork loin roulade with brown butter apple & gouda stuffing
<b>22</b>	+ Sweet potato puree + Green beans + Beet, orange, dill salad (GF)
Fri	Salmon Meuniere
<b>23</b>	+ Balsamic Brussels sprouts + Lemon herb rice + House salad (GF)
Sat	(a) Swedish beef meatloaf + Mashed potatoes + Cauliflower & broccoli + House salad OR
<b>24</b>	<b>25</b> (b) Deboned chicken with Chorizo rice stuffing, honey glaze + Roasted vegetables + House salad (GF)

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