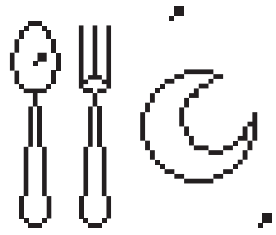


DINNER MEAL PLAN

Take Out *Delivery*



MENU May 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: Gazpacho (DF,GF) / Beef Barley

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

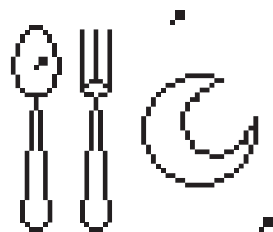
Mon	3	Chicken and chorizo sausage cassoulet + Baked ratatouille + House salad (GF,DF)
Tue	4	Three meat lasagna Bolognese + Sauteed spinach + Chopped caesar salad
Wed	5	Crab cake with remoulade + Potato salad + Pomegranate, Pear, & goat cheese salad with ginger dressing (GF)
Thu	6	Braised lamb with red wine jus + Green beans + Beet, orange & dill salad (GF,DF)
Fri	7	Barramundi with salsa verde Saffron rice + Sauteed asparagus+ House salad (GF)
Sat	Sun	(a) Apricot pot roast with braised vegetables + Cranberry almond slaw (GF) 8 9 OR (b) Duck a l'orange, + Mashed potato + Roasted vegetables + Quinoa salad

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 May II

Enjoy freshly prepared delicious dinners at home by ordering from the FRIEDA Dinner Meal Plan, available 7 days a week.

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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: Gazpacho (DF,GF) / Potato & leek (GF)

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

Mon 10	Cider braised chicken + Potato gratin + Roasted vegetables + Orange & goat cheese salad (GF)	
Tue 11	Korean beef pot + Braised green vegetables + Brown rice + Kimchi + Sesame rice noodle salad (DF)	
Wed 12	Crab cake with remoulade + lemon aioli + Cumin lentil cake + Chopped fruit salad (GF)	
Thu 13	Sous vide pork loin with Romesco sauce + Roasted potatoes + Sautéed spinach + House salad	
Fri 14	Baked Barramundi white wine lemon thyme sauce + Rice pilaf + Roasted vegetables + Coleslaw (GF)	
Sat 15	Sun 16	(a) Turkey Meatloaf + Cranberry preserves + Mashed potatoes + Roasted vegetables + House salad (GF) OR (b) Spatchcock chicken w/ lemon butter & herbs + Yellow rice + Sautéed green beans and carrots + House salad (GF)

FRIEDA (re)connecting generations

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