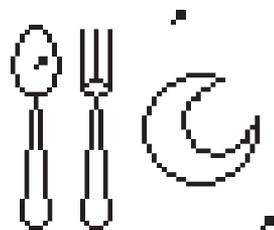


DINNER MEAL PLAN

Take Out *Delivery*



MENU June 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) / Potato, parsnip, curry soup (GF,DF)

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

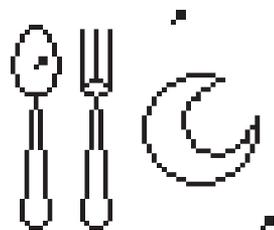
Mon	Poulet Basque	
31	+ Rice pilaf + Roasted vegetables + Fennel, orange salad (DF,GF)	
Tue	Braised brisket	
1	+ Potato gratin + Sauteed spinach + House salad (GF)	
Wed	Crab cake with sriracha aioli	
2	+ Corn salad + Orange & goat cheese salad with citrus vinaigrette (GF)	
Thu	Lamb curry	
3	+ Jeweled rice + Pickled vegetables + Mango chutney + House salad (GF)	
Fri	Baked salmon with sumac	
4	+ Brown & wild mushroom rice + Sauteed green vegetables + Coleslaw (GF,DF)	
Sat	Sun	(a) Apricot pot roast with braised vegetables
5	6	+ Cranberry almond slaw (DF,GF) OR
		(b) Duck a l'orange
		+ Mashed potato + Roasted vegetables + Quinoa 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 June 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.

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** *Prices do not include tax.*

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Pick-up

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Delivery

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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) / Cucumber, yogurt, mint (GF)

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

Mon 7	Skillet roasted chicken and vegetables + Coleslaw + House salad (GF,DF)	
Tue 8	Three meat lasagna Bolognese + Sauteed spinach + Chopped Caesar salad	
Wed 9	Crab cake with remoulade + potato salad + Pear, & goat cheese salad (GF)	
Thu 10	Braised lamb with red wine jus + Sumac roasted potatoes + Green beans + Beet, orange & dill salad (DF)	
Fri 11	Barramundi with salsa verde + Polenta cake + Sauteed asparagus + House salad (GF)	
Sat 12	Sun 13	(a) Apricot pot roast with braised vegetables + Cranberry almond slaw (DF,GF) OR (b) Duck a l'orange + Mashed potato + Roasted vegetables + Quinoa salad

FRIEDA (re)connecting generations

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