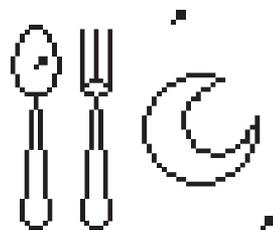


# DINNER MEAL PLAN

Take Out *Delivery*



## MENU May 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: Gazpacho (DF,GF) / Cucumber, yogurt dill (GF)

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

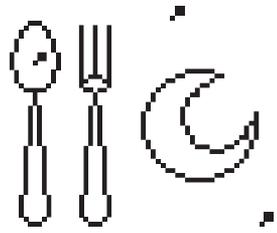
Mon <b>17</b>	Duck leg confit with red wine cherry balsamic sauce + Wild & brown rice + Brussel sprouts + House salad (DF,GF)	
Tue <b>18</b>	Braised beef with red wine jus + Sauteed carrots and green beans + Mashed potatoes + House salad (GF)	
Wed <b>19</b>	Crab cake with remoulade + Baked ratatouille + Beet, orange, dill salad (GF,DF)	
Thu <b>20</b>	Lamb curry + Yellow rice + Cucumber & tomato salad + Mango chutney (GF)	
Fri <b>21</b>	Pesto crusted salmon + Vegetable rice pilaf + Coleslaw	
Sat <b>22</b>	Sun <b>23</b>	(a) Turkey Meatloaf + Cranberry preserves + Mashed potatoes + Roasted vegetables + House salad (GF) OR (b) Spatchcock chicken w/ lemon butter & herbs + Sauteed green beans and root 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 May 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: Gazpacho (DF,GF) / Lentil Thai curry soup (mild) (GF, DF)

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

Mon	24	Chicken curry + Saffron rice + Roasted carrots + Mango chutney + Chickpea salad (DF)
Tue	25	Braised beef with red wine jus + Mashed Potato + Sauteed green beans + House salad (GF)
Wed	26	Crab cake with remoulade + Orzo salad + Coleslaw
Thu	27	Braised pork with fennel, herbs, and wine + Smashed potatoes + Roasted asparagus + Orange arugula salad (GF)
Fri	28	Lemon pepper baked cod + Rice pilaf + Caponata + House salad (GF)
Sat	Sun	(a) Deboned chicken with brown rice mushroom pilaf, apricot glazed + roasted red potatoes + House Salad (GF) OR (b) Three meat lasagna + Parmesan broccoli + House salad

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