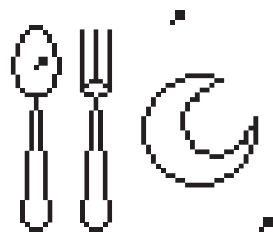


DINNER MEAL PLAN

Take Out *Delivery*



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

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

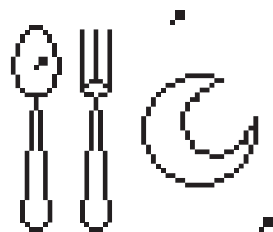
Mon 14	Moroccan chicken Tagine + Bulgur + Roasted vegetables + Creamy cucumber salad	
Tue 15	Korean beef pot + Braised green vegetables + Brown rice + Kimchi + Sesame rice noodle salad (GF,DF)	
Wed 16	Crab cake with remoulade + Cumin lentil cake + Chopped salad (GF)	
Thu 17	Sous vide pork loin with Romesco sauce + Roasted root vegetables + Sautéed spinach + House salad	
Fri 18	Baked monkfish white wine lemon thyme sauce + Saffron rice + Roasted vegetables + Coleslaw (GF)	
Sat 19	Sun 20	(a) Turkey Meatloaf + Cranberry preserves + Mashed sweet potatoes + Roasted vegetables + House salad (GF) OR (b) Spatchcock Greek chicken+ Orzo salad + Roasted vegetables + House 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 June 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

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 21	Duck leg confit with red wine cherry balsamic sauce + Wild & brown rice + Brussel sprouts + House salad (DF,GF)	
Tue 22	Braised beef with red wine jus + Sauteed carrots and green beans + Mashed potatoes + House salad (GF)	
Wed 23	Crab cake with remoulade + Baked ratatouille + Beet, orange, dill salad (GF,DF)	
Thu 24	Lamb tagine + Couscous + Cucumber, tomato, mint salad (DF)	
Fri 25	Orange & fennel miso salmon + Basmati rice + Strawberry, pepita green salad	
Sat 26	Sun 27	(a) Turkey Meatloaf + Cranberry preserves + Mashed sweet potatoes + Roasted vegetables + House salad (GF) OR (b) Spatchcock Greek chicken+ Orzo salad + Roasted vegetables + House salad

FRIEDA (re)connecting generations

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