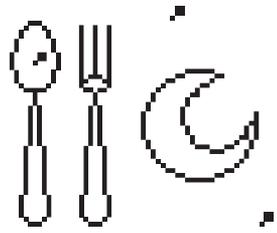# DINNER MEAL PLAN
Take Out *Delivery*

MENU June V

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)* / Lentil Thai curry soup *(mild) (GF,DF)*
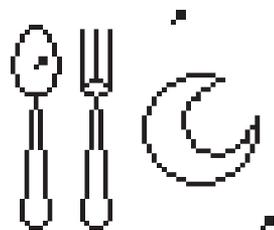Desserts: Fresh fruit salad *(VEG)* / Blueberry tart / 1Rugelach+1Mandelbrot

Mon **28**	Chicken curry + Saffron rice + Roasted carrots + Mango chutney + Chickpea salad *(DF)*
Tue **29**	Braised beef with red wine jus + Mashed Potato + Sauteed green beans + House salad *(GF)*
Wed **30**	Crab cake with remoulade + Potato salad + Coleslaw *(GF)*
Thu **1**	Braised pork with fennel, herbs, and wine + smashed potatoes + roasted asparagus + orange arugula salad *(GF)*
Fri **2**	Lemon pepper baked cod + Rice pilaf + Caponata + House salad *(GF)*
Sat **3** Sun **4**	(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

DINNER MEAL PLAN
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MENU July I

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Soups of the week: Gazpacho *(DF,GF)* / Potato, parsnip, curry soup *(GF,DF)*
Desserts: Fresh fruit salad *(VEG)* / Apple tart / 1Rugelach+1Mandelbrot

Mon **5**	Moroccan chicken + Roasted vegetables + Bulgur salad	
Tue **6**	Korean beef pot + Braised green vegetables + Brown rice + Kimchi + Sesame rice noodle salad *(DF)*	
Wed **7**	Crab cake with sriracha aioli + Roasted vegetables + Orange & goat cheese salad with citrus vinaigrette *(GF)*	
Thu **8**	Lamb curry + Jeweled rice + Pickled vegetables + Mango chutney + House salad *(GF)*	
Fri **9**	Citrus miso cod + Brown rice + Sauteed vegetables + House salad	
Sat **10**	Sun **11**	(a) Seafood lasagna + Roasted tomatoes & basil + House salad *OR* (b) Duck with blueberry port sauce + Roasted potatoes and carrots + Quinoa salad

FRIEDA (re)connecting generations
320 Walnut St. Philadelphia, PA 215 600 1291 hello@friedaforgenerations.com www.friedaforgenerations.com