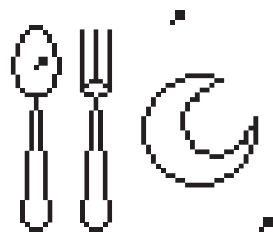


DINNER MEAL PLAN

Take Out *Delivery*



MENU August 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) / Roasted Cauliflower (GF,DF)

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

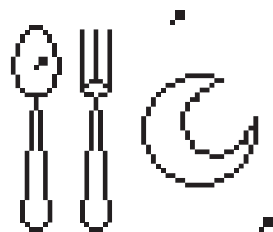
| | | |
|-----------------|---|--|
| Mon 2 | Chicken & Italian sausage cassoulet + Roasted carrots + House salad (DF) | |
| Tue 3 | Korean beef pot + Braised green vegetables + Jasmine rice + Kimchi + Sesame rice noodle salad (DF) | |
| Wed 4 | Crab cake with sriracha aioli + Roasted vegetables + Corn salad (GF) | |
| Thu 5 | Spinach & Prosciutto pork roulade + Roasted vegetables & Bulgur + House salad | |
| Fri 6 | Rosemary orange cod + Herb rice + Sauteed vegetables + House salad | |
| Sat 7 | Sun 8 | (a) Three meat lasagna Bolognese + Sauteed broccoli + Chopped Caesar salad OR (b) Duck with blackberry balsamic reduction + Roasted potatoes and carrots + 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 August 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.

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) / Orange almond cake / 1Rugelach+1Mandelbrot

| | | |
|------------------|--|--|
| Mon 9 | Skillet roasted chicken and vegetables + Coleslaw + House salad (GF,DF) | |
| Tue 10 | Braised beef with summer vegetables + Basmati rice + House salad | |
| Wed 11 | Crab cake with remoulade + potato salad + Pear, & goat cheese salad (GF) | |
| Thu 12 | Lamb curry + Jeweled rice + Pickled vegetables + Mango chutney + House salad (GF) | |
| Fri 13 | Honey lime salmon with mango salsa + Coconut rice + House salad (GF) | |
| Sat 14 | Sun 15 | (a) Three meat lasagna Bolognese + Sauteed broccoli + Chopped Caesar salad OR (b) Duck with blackberry balsamic reduction + Roasted potatoes and carrots + Quinoa salad |

FRIEDA (re)connecting generations

320 Walnut St. Philadelphia, PA 215 600 1291 hello@friedaforgenerations.com www.friedaforgenerations.com