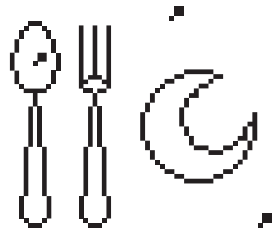


# DINNER MEAL PLAN

Take Out *Delivery*



## MENU July 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](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, mint

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

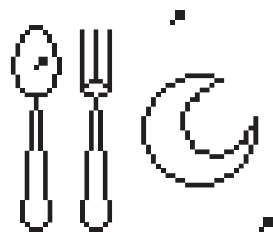
Mon <b>12</b>	Skillet roasted chicken and vegetables + Coleslaw + House salad (GF,DF)	
Tue <b>13</b>	Three meat lasagna Bolognese + Sauteed broccoli + Chopped Caesar salad	
Wed <b>14</b>	Crab cake with remoulade + potato salad + Pear, & goat cheese salad (GF)	
Thu <b>15</b>	Pork roulade with apple & prunes + Cauliflower puree + Green beans + House salad (GF)	
Fri <b>16</b>	Barramundi with salsa verde + Saffron rice + Sauteed asparagus + Strawberry spinach salad (GF)	
Sat <b>17</b>	Sun <b>18</b>	(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](mailto:hello@friedaforgenerations.com) [www.friedaforgenerations.com](http://www.friedaforgenerations.com)

# DINNER MEAL PLAN

Take Out *Delivery*



## MENU July 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) / Lentil (DF,GF)

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

Mon	Cider braised chicken
<b>19</b>	+ Potato gratin + Roasted vegetables + Orange & goat cheese salad (GF)
Tue	Korean beef pot + Braised green vegetables + Brown rice + Kimchi + Sesame rice noodle salad (DF)
<b>20</b>	
Wed	Crab cake with remoulade
<b>21</b>	+ Cumin lentil cake + Chopped salad (GF)
Thu	Sous vide pork loin with Romesco sauce
<b>22</b>	+ Roasted root vegetables + Sautéed kale + House salad (DF,GF)
Fri	Lemon & thyme roasted monkfish
<b>23</b>	+ Ratatouille + Coleslaw (DF,GF)
Sat	(a) Turkey Meatloaf + Cranberry preserves + Mashed sweet potatoes
<b>24</b>	<b>25</b> + Sautéed green beans and carrots + House salad (GF) OR
	(b) Spatchcock chicken w/ leeks and citrus + Herbed quinoa
	+ Sautéed green beans and carrots + House salad (GF)

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