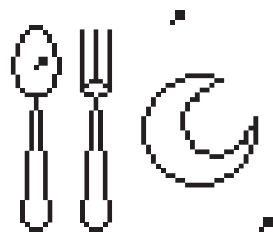


DINNER MEAL PLAN

Take Out Delivery



MENU July 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

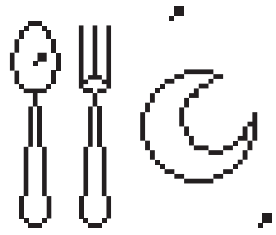
Mon 26	Duck leg confit with red wine cherry balsamic sauce + Wild & brown rice + Brussel sprouts + House salad (DF,GF)	
Tue 27	Braised beef with red wine jus + Sauteed vegetables + Savory polenta cake + House salad (GF)	
Wed 28	Crab cake with remoulade + Baked ratatouille + Beet, orange, dill salad	
Thu 29	Lamb tagine + Herb couscous + Cucumber, tomato, mint salad	
Fri 30	Nicoise salmon salad + Coleslaw (DF,GF)	
Sat 31	Sun 1	(a) Turkey Meatloaf + Cranberry preserves + Mashed sweet potatoes + Sauteed green beans and carrots + House salad (GF) OR (b) Spatchcock chicken w/ leeks and citrus + Herbed quinoa + Sauteed green beans and carrots + House salad (GF)

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 I

Enjoy freshly prepared delicious dinners at home by ordering from the FRIEDA Dinner Meal Plan, available 7 days a week.

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Order

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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

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