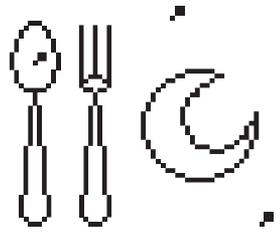


# DINNER MEAL PLAN

Take Out Delivery



## MENU July 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](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) / Potato, parsnip, curry soup (GF,DF)

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

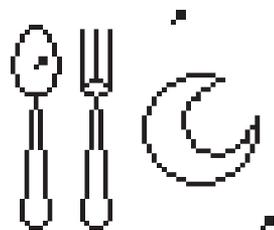
Mon	5	Moroccan chicken + Roasted vegetables + Bulgur salad
Tue	6	Korean beef pot + Braised green vegetables + Brown rice + Kimchi + Sesame rice noodle salad (DF)
Wed	7	Crab cake with sriracha aioli + Roasted vegetables + Orange & goat cheese salad with citrus vinaigrette (GF)
Thu	8	Lamb curry + Jeweled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

**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 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**

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