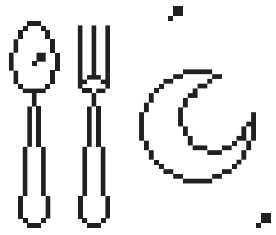


DINNER MEAL PLAN

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

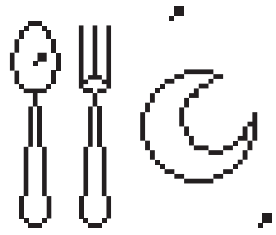
Mon 9	Skillet roasted chicken and vegetables + Coleslaw + House salad (GF,DF)	
Tue 10	Braised beef with summer vegetables + Basmati rice + House salad	
Wed 11	Crab cake with remoulade + potato salad + Pear, & goat cheese salad (GF)	
Thu 12	Lamb curry + Jeweled rice + Pickled vegetables + Mango chutney + 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

DINNER MEAL PLAN

Take Out *Delivery*



MENU August 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

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) / Pear tart / 1Rugelach+1Mandelbrot

Mon 16	Cider braised chicken + Potato gratin + Roasted vegetables + Orange & goat cheese salad (GF)	
Tue 17	Korean beef pot + Braised green vegetables + Brown rice + Kimchi + Sesame rice noodle salad (GF, DF)	
Wed 18	Crab cake with remoulade + Cumin lentil cake + Chopped salad (GF)	
Thu 19	Sous vide pork loin with muhammara sauce + Sauteed green beans +Kale salad	
Fri 20	Lemon & thyme roasted monkfish + Ratatouille +Coleslaw (DF,GF)	
Sat 21	Sun 22	(a) Turkey Meatloaf + Cranberry preserves + Mashed sweet potatoes + Sauteed green beans and carrots + House salad (GF) OR (b) Braised chicken & sausage + Parmesan polenta + Sauteed green beans and carrots + House salad (GF)

FRIEDA (re)connecting generations

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