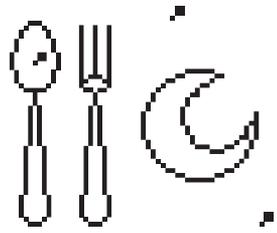


DINNER MEAL PLAN

Take Out Delivery



MENU August 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

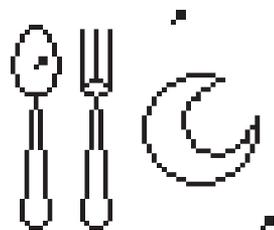
Mon 23	Duck leg confit with red wine cherry balsamic sauce + Wild & brown rice + Brussel sprouts + House salad (DF,GF)	
Tue 24	Braised beef with red wine jus + Sauteed vegetables + Savory polenta cake + House salad (GF)	
Wed 25	Crab cake with remoulade + Baked ratatouille + Beet, orange, dill salad (GF,DF)	
Thu 26	Lamb tagine + Herb couscous + Cucumber, tomato, mint salad	
Fri 27	Sundried tomato pesto salmon + Roasted vegetables + Lemon herb pasta salad	
Sat 28	Sun 29	(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

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

DINNER MEAL PLAN

Take Out Delivery



MENU September I

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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) / Chocolate cake / 1Rugelach+1Mandelbrot

Mon 30	Chicken & Italian sausage cassoulet + Roasted carrots + House salad (DF)	
Tue 31	Korean beef pot + Braised green vegetables + Jasmine rice + Kimchi + Sesame rice noodle salad (DF)	
Wed 1	Crab cake with sriracha aioli + Roasted vegetables + Potato salad (GF)	
Thu 2	Spinach & Prosciutto pork roulade + Roasted vegetables + Wild & brown rice + House salad	
Fri 3	Baked salmon with sumac + Sauteed vegetables + House salad (GF,DF)	
Sat 4	Sun 5	(a) Apricot pot roast with braised vegetables + Cranberry almond slaw (DF,GF) OR (b) Deboned chicken with Chorizo rice stuffing, honey glaze + Roasted vegetables + House salad (GF)

FRIEDA (re)connecting generations

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