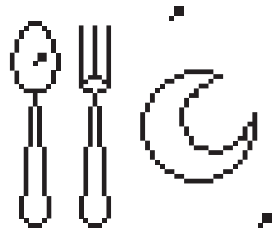


# DINNER MEAL PLAN

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](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) / Pear tart / 1Rugelach+1Mandelbrot

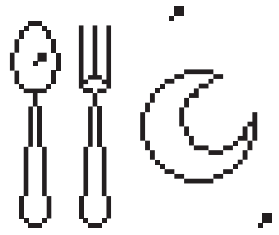
Mon <b>16</b>	Cider braised chicken + Potato gratin + Roasted vegetables + Orange & goat cheese salad (GF)	
Tue <b>17</b>	Korean beef pot + Braised green vegetables + Brown rice + Kimchi + Sesame rice noodle salad (GF, DF)	
Wed <b>18</b>	Crab cake with remoulade + Cumin lentil cake + Chopped salad (GF)	
Thu <b>19</b>	Sous vide pork loin with muhammara sauce + Sauteed green beans +Kale salad	
Fri <b>20</b>	Lemon & thyme roasted monkfish + Ratatouille +Coleslaw (DF,GF)	
Sat <b>21</b>	Sun <b>22</b>	(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 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](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 dill (GF)

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

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

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