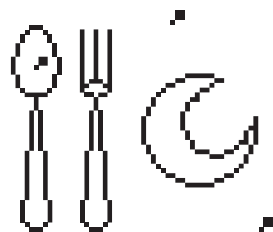


DINNER MEAL PLAN

Take Out *Delivery*



MENU September 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

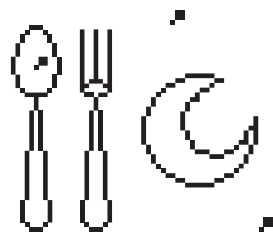
Mon 13	Cider braised chicken + Potato gratin + Roasted vegetables + Orange & goat cheese salad (GF)	
Tue 14	Korean beef pot + Braised vegetables + Coconut rice + Kimchi + Sesame rice noodle salad (DF)	
Wed 15	Crab cake with remoulade + Cumin lentil cake + House salad (DF,GF)	
Thu 16	Roasted pork loin with sauerkraut & apples + Sauteed green beans + House salad (DF,GF)	
Fri 17	Lemon & thyme roasted cod + Caponata + Potato salad (DF,GF)	
Sat 18	Sun 19	(a) Turkey Meatloaf + Cranberry preserves + Mashed sweet potatoes + Sauteed green beans and carrots + House salad (GF) OR (b) Swedish beef stew + Red potatoes & carrots + House salad + Pickled beets

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 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: Butternut squash (GF,DF) / Chicken Noodle

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

Mon 20	Duck leg confit with red wine cherry balsamic sauce + Wild & brown rice + Brussel sprouts + House salad (DF,GF)	
Tue 21	Braised beef with red wine jus + Sauteed vegetables + Savory polenta cake + House salad (GF)	
Wed 22	Crab cake with remoulade + Baked ratatouille + Beet, orange, dill salad (GF,DF)	
Thu 23	French onion braised lamb + Rosemary mashed potatoes + roasted cauliflower + House salad (GF)	
Fri 24	Sundried tomato pesto salmon + Roasted vegetables + Herb couscous (DF)	
Sat 25	Sun 26	(a) Turkey Meatloaf + Cranberry preserves + Mashed sweet potatoes + Sauteed green beans and carrots + House salad (GF) OR (b) Swedish beef stew + Red potatoes & carrots + House salad + Pickled beets

FRIEDA (re)connecting generations

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