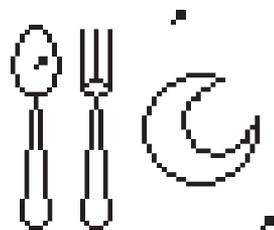


DINNER MEAL PLAN

Take Out *Delivery*



MENU September 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

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

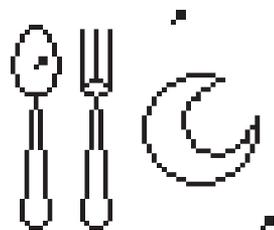
Mon	6	Poulet basque + Rice pilaf + Sauteed spinach + Fennel orange salad (GF,DF)
Tue	7	Braised beef with red wine jus + Roasted asparagus + Mashed potatoes + House salad (GF)
Wed	8	Salmon cake with lemon dill sauce + Roasted vegetables + House salad (GF)
Thu	9	Lamb curry + Herb couscous + Pickled vegetables + Mango chutney + House salad (GF,DF)
Fri	10	Seafood stew + jeweled rice + Baked ratatouille + House salad (GF,DF)
Sat	Sun	(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,DF)
11	12	

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 III

Enjoy freshly prepared delicious dinners at home by ordering from the FRIEDA Dinner Meal Plan, available 7 days a week.

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

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