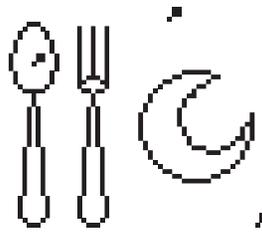


# DINNER MEAL PLAN

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](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: Butternut squash (GF,DF) / Chicken Noodle  
Desserts: Fresh fruit salad (VEG) / Carrot cake / 1Rugelach+1Mandelbrot

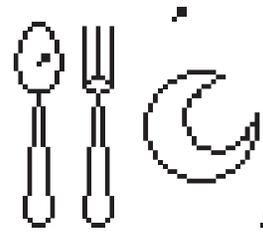
|                  |  |   |
|------------------|--|---|
| Mon<br><b>20</b> | Duck leg confit with red wine cherry balsamic sauce<br>+ Wild & brown rice + Brussel sprouts + House salad (DF,GF) |   |
| Tue<br><b>21</b> | Braised beef with red wine jus + Sauteed vegetables + Savory polenta cake + House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

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