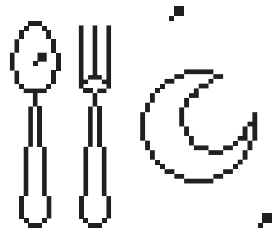


# DINNER MEAL PLAN

Take Out *Delivery*

Delivery in  
**NEW ZIP CODES!**  
We deliver from river to river!



## MENU November I

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 **19102 + 19103 + 19106 + 19107 + 19123 + 19147** 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) / Lentil (GF,DF)

Desserts: Fresh fruit salad (VEG) / Blueberry tart / 1Rugelach+1Mandelbrot

Mon <b>1</b>	Casserole de poulet aux champignons (mushroom chicken casserole) + Rice pilaf + Roasted vegetables + Fennel, orange salad	
Tue <b>2</b>	Braised brisket + Potato gratin + Sautéed spinach + House salad (GF)	
Wed <b>3</b>	Crab cake with sriracha aioli + potato salad + Orange & goat cheese salad with citrus vinaigrette (GF)	
Thu <b>4</b>	Roasted pork loin with red wine sauce w/ prunes + Mashed potatoes + Sautéed green beans + House salad (GF)	
Fri <b>5</b>	Baked salmon with sumac + Brown & wild mushroom rice + Sautéed green vegetables + Coleslaw (GF,DF)	
Sat <b>6</b>	Sun <b>7</b>	(a) Pot roast with braised vegetables + Fennel & apple slaw (DF,GF) OR (b) Seafood lasagna + Roasted asparagus + Chopped caesar salad

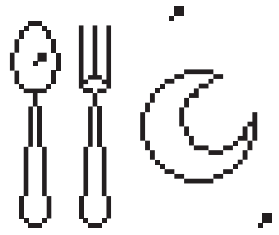
**FRIEDA (re)connecting generations**

320 Walnut St. Philadelphia, PA 215 600 1291 [hello@friedaforgenerations.com](mailto:hello@friedaforgenerations.com) [www.friedaforgenerations.com](http://www.friedaforgenerations.com)

# DINNER MEAL PLAN

Take Out Delivery

Delivery in  
**NEW ZIP CODES!**  
We deliver from river to river!



## MENU November 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.

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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 **19102 + 19103 + 19106 + 19107 + 19123 + 19147** 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) / Roasted chicken noodle (DF)

Desserts: Fresh fruit salad (VEG) / Apple tart / 1Rugelach+1Mandelbrot

Mon <b>8</b>	Chicken and chorizo sausage cassoulet + Baked ratatouille + House salad (GF,DF)	
Tue <b>9</b>	Three meat lasagna Bolognese + Sauteed spinach + Chopped italian salad	
Wed <b>10</b>	Crab cake with horseradish sriracha aioli + red potatoes & carrots + Orange & goat cheese salad with citrus vinaigrette (GF)	
Thu <b>11</b>	Braised lamb with red wine and fig sauce + Mashed potato + Green beans + Beet, orange, dill salad (DF)	
Fri <b>12</b>	Poached barramundi filet (sea bass family) with white wine sauce + Cauliflower puree + Sauteed spinach + House salad (GF)	
Sat <b>13</b>	Sun <b>14</b>	(a) Pot roast with braised vegetables + Fennel & apple slaw (DF,GF) OR (b) Seafood lasagna + Roasted asparagus + Chopped caesar salad

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