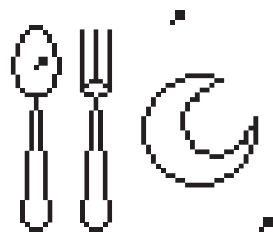


# DINNER MEAL PLAN

Take Out *Delivery*



## MENU October 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 **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) / Moroccan tomato bisque (GF,DF)

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

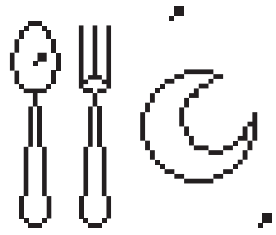
Mon	Cassoulet
<b>11</b>	+ Duck leg confit + Chicken apple sausage + Roasted beet salad (DF,GF)
Tue	Korean beef pot + Braised bok choy + Basmati rice + Kimchi + Sesame rice noodle salad (DF)
<b>12</b>	
Wed	Seafood lasagna
<b>13</b>	+ Roasted vegetables + Chopped Caesar salad
Thu	Baeckeoffe (braised lamb, pork, and beef with vegetables and wine)
<b>14</b>	+ mashed sweet potato + House salad (GF)
Fri	Monkfish & fennel in white wine and feta sauce
<b>15</b>	+ Herb rice + Sauteed vegetables + House salad (GF)
Sat	(a) Deboned organic chicken with brown rice pilaf stuffing, apricot glazed + roasted potatoes & vegetables + House salad (GF,DF) OR
<b>16</b>	<b>17</b> (b) Beef & lamb shepherd's pie + Braised red cabbage & apples + House salad (GF)

**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*



## MENU October 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 **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) / Potato & leek (GF)

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

Mon <b>18</b>	Casserole de poulet aux champignons (mushroom chicken casserole) + Jeweled rice + Roasted vegetables + Fennel, orange salad	
Tue <b>19</b>	Braised beef short rib with red wine jus + Herbed mashed potatoes + Sauteed vegetables + House salad (GF)	
Wed <b>20</b>	Crab cake with sriracha aioli + Potato salad + Arugula, orange, & goat cheese salad (GF)	
Thu <b>21</b>	Lamb curry + Yellow rice + Spiced carrot fritters + Mango chutney (DF,GF)	
Fri <b>22</b>	Lemon pepper baked cod, white wine sauce + Rice pilaf + Caponata + House salad (GF)	
Sat <b>23</b>	Sun <b>24</b>	(a) Swedish beef meatloaf + Mashed potatoes + Cauliflower & broccoli + House salad OR (b) Deboned organic chicken with Chorizo rice stuffing, honey glaze + Cauliflower & broccoli + House salad (DF,GF)

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