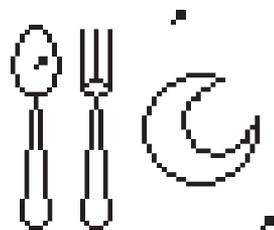


DINNER MEAL PLAN

Take Out Delivery



MENU October 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 **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) / Split pea & ham (GF)

Desserts: Fresh fruit salad / Orange Almond Cake / 1Rugelach+1Mandelbrot

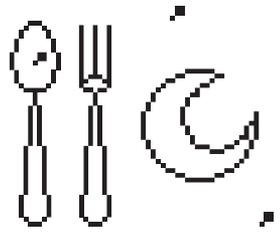
Mon 4	Chicken curry + Saffron rice + Roasted carrots + Pickled vegetables + House salad (DF,GF)	
Tue 5	Braised beef with red wine jus + Mashed Potato + Glazed carrots + House salad (GF)	
Wed 6	Crab cake + Remoulade + Roasted vegetables + Potato salad (DF,GF)	
Thu 7	Porc aux champignons (pork with mushrooms) + Potato gratin + sauteed vegetables + House salad (GF)	
Fri 8	Coulbiac (salmon in puff pastry) w/tarragon white wine sauce + Green bean almondine + Lentil, beet and goat cheese salad w/maple dressing	
Sat 9	Sun 10	(a) Deboned organic chicken with brown rice pilaf stuffing, apricot glazed + roasted potatoes & vegetables + House salad (DF,GF) OR (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 www.friedaforgenerations.com

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 **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) / Moroccan tomato bisque (GF,DF)

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

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

FRIEDA (re)connecting generations

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