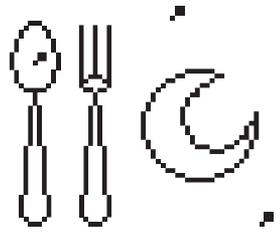


DINNER MEAL PLAN

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

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

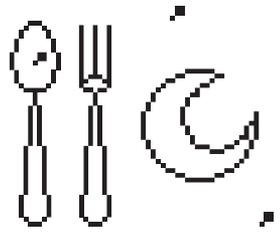
Mon 18	Casserole de poulet aux champignons (mushroom chicken casserole) + Jeweled rice + Roasted vegetables + Fennel, orange salad	
Tue 19	Braised beef short rib with red wine jus + Herbed mashed potatoes + Sauteed vegetables + House salad (GF)	
Wed 20	Crab cake with sriracha aioli + Potato salad + Arugula,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

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 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 **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

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) / White bean & spinach (DF,GF)

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

Mon	Moroccan chicken
25	+ Israeli couscous + Roasted carrots + Chickpea salad
Tue	Boeuf Bourguignon
26	+ Mashed potatoes + Roasted vegetables + House salad
Wed	Salmon cake with lemon dill sauce
27	+ Roasted potatoes + Sautéed vegetables + House salad (DF,GF)
Thu	Pork loin roulade with brown butter apple & gouda stuffing
28	+ Sweet potato puree + Green beans + Beet, orange, dill salad (GF)
Fri	Seafood stew
29	+ jeweled rice + Baked ratatouille + House salad (DF,GF)
Sat	(a) Swedish beef meatloaf + Mashed potatoes + Cauliflower & broccoli
30	31 + House salad OR
	(b) Deboned organic chicken with Chorizo rice stuffing, honey glaze + Cauliflower & broccoli + House salad (DF,GF)

FRIEDA (re)connecting generations

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