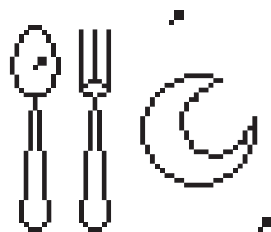


DINNER MEAL PLAN

Take Out *Delivery*

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



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)

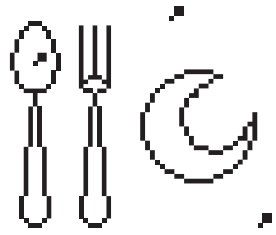
FRIEDA (re)connecting generations

320 Walnut St. Philadelphia, PA 215 600 1291 hello@friedaforgenerations.com www.friedaforgenerations.com

DINNER MEAL PLAN

Take Out *Delivery*

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MENU November I

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Soups of the week: Butternut squash (GF,DF) / Lentil (GF,DF)

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

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

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