

# DINNER MEAL PLAN

Take Out Delivery

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



## MENU November 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

\* 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.

Soups of the week (except 11/25) : Butternut squash (GF,DF) / Chicken Wild Rice  
Desserts (except 11/25): Fresh fruit salad (VEG) / Blueberry tart / 1Rugelach+1Mandelbrot

## 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 per meal.

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).

Mon <b>22</b>	Duck leg confit with red wine cherry balsamic sauce + Wild & brown rice + brussel sprouts + House salad (DF,GF)
Tue <b>23</b>	Braised beef with red wine jus + Sauteed carrots and green beans + Mashed potatoes + Tossed salad w/ raspberry vinaigrette (GF)
Wed <b>24</b>	Crab cake with remoulade + Vegetable herb rice + Beet, orange, dill salad (GF,DF)
Thu <b>25</b>	<b>Be aware that the Pick-Up/Delivery is on Nov 24</b> \$25 / + \$3 Delivery fee per meal. *Prices do not include tax. (a) Roasted turkey with chestnut apple stuffing & gravy + Colecannon + Sauteed vegetables + Winter root salad w/ orange cinnamon dressing + Pecan pie brownie OR (b) Carved glazed ham + Colecannon + Sauteed vegetables + Winter root salad w/ orange cinnamon dressing + Pecan pie brownie
Fri <b>26</b>	Pesto crusted salmon + Basmati rice + Roasted Vegetables+ House salad
Sat <b>27</b>	(a) Turkey Meatloaf + Cranberry preserves + Colecannon + Roasted vegetables + House salad (GF) OR
Sun <b>28</b>	(b) Spatchcock chicken, brown butter sage, butternut squash + Mashed potatoes + Roasted vegetables + Blue cheese & apple salad w/ maple dressing (GF)

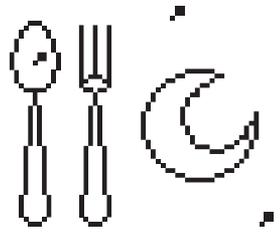
**FRIEDA (re)connecting generations**

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

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## MENU December I

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

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

Mon <b>29</b>	Spatchcock chicken w/ apple cranberry, wild & brown rice stuffing + Roasted sweet potatoes + House salad (GF,DF)	
Tue <b>30</b>	Braised beef w/ red wine jus + Polenta cake + Glazed carrots + House salad (GF)	
Wed <b>1</b>	Crab cake with sriracha aioli + potato salad + Arugula, orange, & goat cheese salad (GF)	
Thu <b>2</b>	Lamb curry + Yellow rice + Roasted cauliflower + Pickled vegetables (GF,DF)	
Fri <b>3</b>	Sumac baked cod + Jeweled quinoa + Roasted asparagus & butternut squash + House salad (GF,DF)	
Sat <b>4</b>	Sun <b>5</b>	(a) 3 meat lasagna bolognese + Sauteed vegetables + House salad OR (b) Chicken cordon bleu + Mashed sweet potatoes + Sauteed vegetables + House salad

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