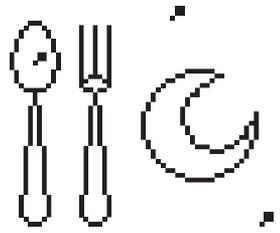


DINNER MEAL PLAN

Take Out *Delivery*

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



MENU November 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

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) / Roasted chicken noodle (DF)

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

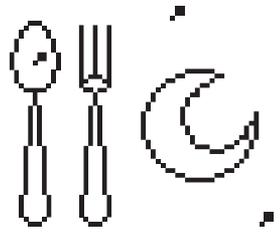
Mon 8	Chicken and chorizo sausage cassoulet + Baked ratatouille + House salad (GF,DF)	
Tue 9	Three meat lasagna Bolognese + Sauteed spinach + Chopped italian salad	
Wed 10	Crab cake with horseradish sriracha aioli + red potatoes & carrots + Orange & goat cheese salad with citrus vinaigrette (GF)	
Thu 11	Braised lamb with red wine and fig sauce + Mashed potato + Green beans + Beet, orange, dill salad (DF)	
Fri 12	Poached barramundi filet (sea bass family) with white wine sauce + Cauliflower puree + Sauteed spinach + House salad (GF)	
Sat 13	Sun 14	(a) Pot roast with braised vegetables + Fennel & apple slaw (DF,GF) OR (b) Seafood lasagna + Roasted asparagus + Chopped caesar salad

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 November 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.

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** 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 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

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) / Three bean (GF,DF)

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

Mon	Cider braised chicken
15	+ Potato gratin + Roasted vegetables + Goat cheese salad (GF)
Tue	Korean beef pot + Braised green vegetables + Brown rice + Kimchi +
16	Sesame rice noodle salad (DF)
Wed	Crab cake with remoulade
17	+ Cumin lentil cake + Beet, orange, dill salad (GF,DF)
Thu	Sous vide pork loin with romesco sauce
18	+ Roasted potatoes + Sautéed spinach + House salad (GF,DF)
Fri	Baked monkfish white wine lemon thyme sauce
19	+ Saffron rice + Roasted vegetables + Coleslaw (GF,DF)
Sat	(a) Turkey Meatloaf + Cranberry preserves + Colecannon + Roasted
20	vegetables + House salad (GF,DF) OR (b) Spatchcock chicken, brown
Sun	butter sage, butternut squash + Mashed potatoes + Roasted vegetables
21	+ Blue cheese & apple salad w/ maple dressing (GF)

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