

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.

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.

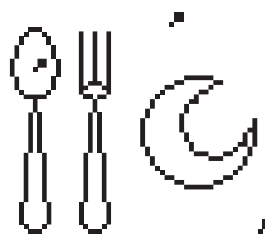
Cancel at least 48 hours prior to get a full refund.

Cancel less than 48 hours ahead for a 50% food and beverage credit to be used at FRIEDA.

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

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

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)



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).

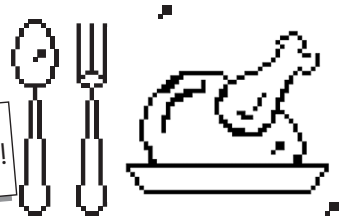
FRIEDA (re)connecting generations

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

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.

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Pick-up

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Order

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48 hours in advance.

\$17 per meal. You may add a small cup of soup or dessert (each \$3).

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

Mon **22** Duck leg confit with red wine cherry balsamic sauce
+ Wild & brown rice + brussel sprouts + House salad (DF,GF)

Tue **23** Braised beef with red wine jus + Sautéed carrots and green beans + Mashed potatoes + Tossed salad w/ raspberry vinaigrette (GF)

Wed **24** Crab cake with remoulade
+ Vegetable herb rice + Beet, orange, dill salad (GF,DF)

Thu **25** **Be aware that the Pick-Up/Delivery is on Nov 24**
\$25 / + \$3 Delivery fee per meal. *Prices do not include tax.
(a) Roasted turkey with chestnut apple stuffing & gravy + Colecannon + Sautéed vegetables + Winter root salad w/ orange cinnamon dressing + Pecan pie brownie OR
(b) Carved glazed ham + Colecannon + Sautéed vegetables + Winter root salad w/ orange cinnamon dressing + Pecan pie brownie

Fri **26** Pesto crusted salmon
+ Basmati rice + Roasted Vegetables+ House salad

Sat **27** Sun **28** (a) Turkey Meatloaf + Cranberry preserves + Colecannon + Roasted vegetables + House salad (GF) OR
(b) Spatchcock chicken, brown butter sage, butternut squash + Mashed potatoes + Roasted vegetables + Blue cheese & apple salad w/ maple dressing (GF)

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