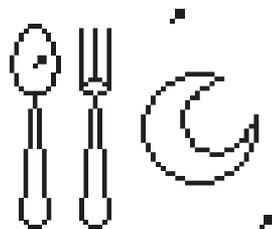


# DINNER MEAL PLAN

Take Out Delivery

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



## MENU January 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 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).

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

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

Mon <b>17</b>	Cider braised chicken + Mashed sweet potatoes + Green beans + House salad (GF)	
Tue <b>18</b>	Braised beef with red wine sauce + Mashed potatoes + Roasted vegetables + House salad (GF)	
Wed <b>19</b>	Crab cake with remoulade + Cumin lentil cake + Beet, orange, dill salad (GF,DF)	
Thu <b>20</b>	Sous vide pork loin with romesco sauce + Roasted potatoes + Sautéed vegetables + House salad (GF,DF)	
Fri <b>21</b>	Baked monkfish with lemon & leeks + Herb rice + Sautéed vegetables + House salad (DF,GF)	
Sat <b>22</b>	Sun <b>23</b>	(a) Turkey Meatloaf + Cranberry preserves + Mashed potatoes + Green bean almondine + House salad (GF) OR (b) Spatchcock chicken, brown butter sage + Mashed potatoes + Green bean

**FRIEDA (re)connecting generations**

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