



Harwich Council on Aging Lunch Program Request – SEPTEMBER

Names _____

Phone Number _____ (required)

Limit One Meal Per Person – MUST SIGN UP WITH AT LEAST 24 HRS (BUSINESS HOURS) NOTICE OF YOUR DESIRED MEAL

Tues 9/1 **NO LUNCH - ELECTION**

Wed 9/2 Italian Chicken Soup # of meals _____ Grab&Go or Dine In (please circle)

Thurs 9/3 Bologna & Cheese Sandwich # of meals _____ Grab&Go or Dine In (please circle)

Fri 9/4 Mac & Cheese with Ham Slice # of meals _____ Grab&Go or Dine In (please circle)

Mon 9/7 **COA Closed – Labor Day**

Tues 9/8 Caribbean Chicken # of meals _____ Grab&Go or Dine In (please circle)

Wed 9/9 Cheeseburger w/Brie & Red Onions # of meals _____ Grab&Go or Dine In (please circle)

Thurs 9/10 Scallops and Rice # of meals _____ Grab&Go or Dine In (please circle)

Fri 9/11 **No Lunch Today – Men's Breakfast 9:30am – (Registration required. Please Call 508-430-7550)**

Mon 9/14 Chicken Salad Sandwich # of meals _____ **Grab&Go ONLY**

Tues 9/15 Sausage & Peppers Sub # of meals _____ Grab&Go or Dine In (please circle)

Wed 9/16 The Rachel Sandwich # of meals _____ Grab&Go or Dine In (please circle)

Thurs 9/17 Cowboy Pasta Salad # of meals _____ Grab&Go or Dine In (please circle)

Fri 9/18 Fish Sandwich # of meals _____ Grab&Go or Dine In (please circle)

Mon 9/21 Roast Beef Sandwich # of meals _____ **Grab&Go ONLY**

Tues 9/22 Pizza & Salad # of meals _____ Grab&Go or Dine In (please circle)

Wed 9/23 Chicken a-la-King # of meals _____ Grab&Go or Dine In (please circle)

Thurs 9/24 Ham and Beans # of meals _____ Grab&Go or Dine In (please circle)

Fri 9/25 **No Lunch Today – Women's Breakfast 9:30am – (Registration required. Please Call 508-430-7550)**

Mon 9/28 Egg Salad Sandwich # of meals _____ **Grab&Go ONLY**

Tues 9/29 Grilled Cheese & Chowder # of meals _____ Grab&Go or Dine In (please circle)

Wed 9/30 Meat Lasagna # of meals _____ Grab&Go or Dine In (please circle)

Insert Form This Way!!!

