



# Harwich Council on Aging Lunch Program Request – MARCH

Names \_\_\_\_\_

Phone Number \_\_\_\_\_ (required)

**Limit One Meal Per Person – MUST SIGN UP WITH AT LEAST 24 HRS NOTICE OF YOUR DESIRED MEAL**

Mon 3/2	Salami and Cheese Sandwich	# of meals _____	<b>Grab&amp;Go ONLY</b>
Tues 3/3	Chicken w/Parmesan and Noodles	# of meals _____	Grab&Go or Dine In (please circle)
Wed 3/4	Corn Chowder and Grilled Cheese	# of meals _____	Grab&Go or Dine In (please circle)
Thurs 3/5	Salmon with Rice and Veggies	# of meals _____	Grab&Go or Dine In (please circle)
Fri 3/6	Chili with Garlic Bread	# of meals _____	Grab&Go or Dine In (please circle)
Mon 3/9	Bologna and Cheese Sandwich	# of meals _____	<b>Grab&amp;Go ONLY</b>
Tues 3/10	Chicken Ceaser Salad Roll	# of meals _____	Grab&Go or Dine In (please circle)

**ST. PATRICKS DAY LUCHEON – See Newsletter for Registration Details**

Wed 3/11	Grilled Cheese with Bacon	# of meals _____	Grab&Go or Dine In (please circle)
Thurs 3/12			
Fri 3/13	<b>No Lunch Today – Men’s Breakfast 9:30am – (Registration required. Please Call 508-430-7550)</b>		

Mon 3/16	Tuna BLT Wrap	# of meals _____	<b>Grab&amp;Go ONLY</b>
Tues 3/17	Veggie Lasagna and Garlic Bread	# of meals _____	Grab&Go or Dine In (please circle)
Wed 3/18	Hot Turkey Sandwich	# of meals _____	Grab&Go or Dine In (please circle)
Thurs 3/19	Taco Boat	# of meals _____	Grab&Go or Dine In (please circle)
Fri 3/20	Hot Pastrami and Swiss Sandwich	# of meals _____	Grab&Go or Dine In (please circle)
Mon 3/23	Chicken Salad Roll	# of meals _____	<b>Grab&amp;Go ONLY</b>
Tues 3/24	Kale Soup with Garlic Bread	# of meals _____	Grab&Go or Dine In (please circle)
Wed 3/25	Swedish Meatballs w/ Egg Noodles	# of meals _____	Grab&Go or Dine In (please circle)
Thurs 3/26	Onion Soup and Grilled Cheese	# of meals _____	Grab&Go or Dine In (please circle)

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

Mon 3/30	Turkey and Cheese Wrap		<b>Grab&amp;Go ONLY</b>
Tues 3/31	Cheeseburger w/Brie and red Onions		Grab&Go or Dine In (please circle)

Insert Form This Way!!

