

Grab N Go Lunch Information



We are so happy that you are participating in the KASC Grab N Go Lunch Program! Below is important information and guidelines for lunch participants.

SCHEDULE

Each week on Tuesdays, 1 cold meal, 1 frozen meal and 1 quart of fresh milk will be available. On Thursdays, 1 cold meal, 2 frozen meals and if you did not participate on Tuesday, 1 fresh quart of milk will be available. In other words regardless of when you come, 1 or both days, 1 quart per week of milk will be available. Meal pick up is between 11:00 am and 12:00 pm. If you attend Silver Sneakers, which ends at 11:45 am, you are welcome to pick up until 12:15 pm.

ORDERING LUNCH

All lunch orders are due by the end of the day Monday for the next week of lunches. There will be no exceptions because we are required to provide this information to the county in a timely manner. If you have not pre-registered for meal distribution you may not come to pick up food. We will only be ordering based on pre-registration.

There are currently 3 ways to place orders. They are listed below in order of preference.

- 1) When you arrive to pick up a lunch we will ask you if you would like to place an order in the future.
- 2) You may e-mail sdamico@kennettcenter.org to place an order. Please be sure to include the first and last name of the person who will be receiving the meals AND the specific dates the meals will be picked up. You may pick up on a Tuesday (2 meals) OR a Thursday (3 meals) OR both days (5 meals).
- 3) You may call the senior center at 610-444-4819 and leave the full name of the person to receive the meals and the dates they will be picked up on our voicemail.

If something comes up and you are not able to pick up your meals, PLEASE let us know as far in advance as possible by sending an e-mail to the above address or calling the office. Please leave the information on our voice mail. We usually cannot cancel a meal order but we would like the opportunity to identify another person who may want it.

ENTERING AND EXITING

Please enter only from KASC's driveway. Please do not drive through the condominium parking lot behind our building. The connecting driveway between KASC and the condo units will be blocked with cones. Please enter on the right side of the lot. **STAY TO THE RIGHT OF THE CONES.** Travel down toward the back of the lot and when safe, make a U-turn and pull up alongside the building. Please do not make a U-turn between cones. Food will be distributed near the front door. Please POP your trunk or safely exit your vehicle and open a PASSENGER SIDE DOOR for placement of your food.

DONATION

Along with your food, you will be given donation envelopes. Donations of \$2 per meal are optional and appreciated. If you donate, when you return next time, please leave the envelope in the spot in the car where the staff will be placing your lunches. This money is returned to the Chester County Department of Aging Services and helps to fund the continuation of the lunch program.

FACE COVERING AND SOCIAL DISTANCING

Grab N Go Lunch Information—cont.

After you arrive in the KASC parking lot and safely park, it is required that you wear a mask until you are ready to depart. Do not open your window or exit your vehicle without a face covering. If, for any reason, you cannot wear a face covering please let us know and we will try to make alternative arrangements for you.

All staff and volunteers are also required to wear masks as they serve you. **Six feet of distance** between all people on the property is required at all times. Reminder - if you cannot open your trunk to receive food, open only the rear passenger side door closest to the building. This allows us the greatest social distance between you and a staff member or volunteer.

STAY IN YOUR CAR (except to open a door or your trunk if needed)

We know that you have been cooped up and not able to socialize in-person with your friends from KASC. We wish that we could provide opportunities for you to do this in-person, but unfortunately we are not permitted to do so at this time. It may be tempting to exit your vehicle and chat with others in the parking lot, however it is not safe to do so and it is prohibited. Please know that social distancing safety and parking lot traffic safety are our first concerns. We want to keep you safe and returning for lunch!

E-MAIL ADDRESS

During this time of temporary closure, we would love to be able to share frequent news & updates. We do not have the resources to do this via a USPS mailing each time we want to reach out. If you have an e-mail address please provide it to us by sending a quick e-mail to sdamico@kennettseniorcenter.org. Please include your name and a brief note or put KASC in the subject line.

If you don't have an e-mail and would like to sign up for one, please give us a call at 610-444-4819. We will be happy to walk you through that process. If you have a friend or family member who would be willing to receive e-mails from the Center on your behalf, please have your friend or family member send an e-mail to the address above and let us know your name, their name and that they agree to receive e-mails on your behalf.

Please don't assume we have your current e-mail address on file and we encourage you to reach out!

You have our assurance that only general information will be shared with any friend or family member. Your privacy on any other matters will always be maintained.

POLICIES AND PROCEDURES ARE SUBJECT TO CHANGE AS WE LAUNCH THIS NEW PROGRAM!

KASC is partially funded by the Chester County Department of Aging Services

and the United Way of Southern Chester County.

We are grateful seniors in our and the work of



to each of community Kennett Area



them for supporting Senior Center.

Grab N Go Lunch Menu

Please read instructions on page 11 & 12 for ordering meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. Surfburger Oven Roasted Potatoes Mixed Vegetables Bun Applesauce Tartar Sauce	4. Box Lunch Roast Turkey & Swiss on Rye 1000 Island Dressing Cole Slaw Grape Juice	5. Cheeseburger Sweet Potato Fries Baked Beans Fresh Orange Ketchup	6. Box Lunch Buffet Ham & Cheese on Wheat Lettuce & Tomato Potato Salad Pineapples Mustard	7. Tilapia Parslied Noodles Stewed Tomatoes Dinner Roll Margarine Banana
10. Country Fried Steak Mashed potatoes Broccoli Fresh Orange	11. Box Lunch Tuna Salad Cup Bun Tomato & Cucumber Salad Apple Juice Oatmeal Cookie	12. Roast Turkey Gravy Winter Blend Vegetables Stuffing Applesauce Roll Margarine	13. Box Lunch Roast Beef & Provolone Kaiser Roll Horseradish Sauce Potato Salad Fresh Peach	14. Meatball Sub Romano Blend Vegetables Club Roll Pears
17. Chicken Cacciatore Tuscan Blend Vegetables Penne Pasta Italian Bread Margarine Tropical Fruit	18. Box Lunch Buffet Ham & Swiss Rye Bread Diced Tomato Salad Pineapples Mustard	19. Salisbury Steak Gravy Mashed Potatoes California Blend Vegetables Wheat Bread Margarine Fresh Orange	20. Box Lunch Grilled Chicken Bun Lettuce & Tomato Chopped Broccoli Salad Sugar Cookies Mayo	21. Chicken Marsala Oven Roasted Potatoes Green Beans Banana
24. Sausage, Onions & Peppers Club Roll Romano Blend Veg Oatmeal Raisin Cookies	25. Box Lunch Turkey Ham & Cheese Wheat Bread Lettuce & Tomato Black Bean & Corn Salad 100% Mixed Fruit Juice Mustard	26. Oven Roasted Chicken Brown Rice Winter Blend Vegetables Orange Juice Roll Margarine	27. Box Lunch Chicken Salad Cup Croissant Lettuce & Tomato 3 Bean Salad Fresh Peach	28. Swedish Meatballs Noodles Baby Carrots Wheat Bread Margarine Mandarin Oranges
31. Meatloaf Brown Gravy Mashed Potatoes Braised Green Beans & Tomatoes WG Dinner Roll Margarine Applesauce			CCDAS Food Vendor 	SENIORS 60 & ABOVE A voluntary confidential requested \$2.00 donation INDIVIDUALS UNDER 60 \$4.52

PLEASE BE AWARE MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

Membership is not required in order for individuals 60 and over to participate in this program. All residents 60 and older are invited to participate in the "Grab N Go" program. Meals provided by Chester County Dept. of Aging Services. **IMPORTANT NOTICE:** Must follow procedures outlined on page 11 & 12.

The official registration and financial information of Chester County Department of Aging Services may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1 (800) 732-0999. Registration does not imply endorsement.