

[Your Name]  
[Your Address]  
[City, State, Zip Code]  
[Email Address]  
[Phone Number]  
[Date]

Dear [Friend's Name],

I hope this message finds you well! I've been thinking it would be great to catch up, and what better way to do it than over lunch?

I would love to invite you to my place for lunch on [date] at [time]. It will be a relaxed afternoon filled with good food and even better conversation.

Please let me know if you can make it. I really look forward to seeing you and reconnecting!

Best,

[Your Name]