

Hey [Friend's Name]!

I hope you're doing great! I was wondering if you'd like to grab lunch together this week. It feels like ages since we last caught up!

How about Thursday at 12:30 PM? We could hit that new cafe downtown that everyone's been raving about.

Let me know if you're in or if another day works better for you. Can't wait to catch up!

Cheers,
[Your Name]