



Iowa Café Menu

All breakfast and lunch options will be served with milk and juice. No refills.

Breakfast

1. Veggie Lovers Omelet (Served with 2 slices whole grain toast)
2. Denver Omelet (Served with 2 slices whole grain toast)
3. Jalapeno Omelet (Served with 2 slices whole grain toast)
4. Taco Omelet (Served with 2 slices whole grain toast)
5. Western Omelet (served with 2 slices whole grain toast)
6. 2 Egg Combo (2 eggs, 2 slices whole grain toast, bacon or sausage, ½ cup fruit)
7. Breakfast Sandwich (2 slices whole grain toast or English muffin, 1 egg, 1 oz bacon or sausage, 1.5 oz cheese, ½ cup fruit)
8. Pancake Special (2 cakes, 2 eggs, and 2 links, ½ cup fruit)

Lunch

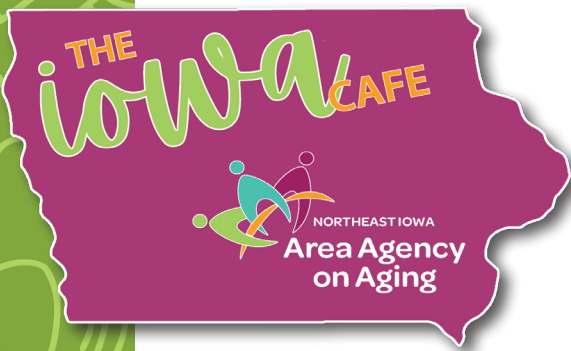
9. Hamburger
 10. Mushroom & Swiss Burger
 11. Patty Melt
 12. German Burger
 13. Reuben Sandwich
 14. Grilled Ham & Cheese
 15. BLT
 16. Chicken Club
- All sandwiches and burgers served with lettuce, tomato, and onions and your choice of coleslaw, cottage cheese, or side salad

Salads

17. Chef Salad
 18. Grilled Chicken Salad
 19. Taco Salad
 20. Cobb Salad
- All salads served with 2 slices of toast

Make a contribution now! Scan the QR code with your phone's camera.





Iowa Cafe Update:

Your contributions are crucial in keeping this vital program going.

What is the Iowa Cafe program?

- It is so much more than a meal!
- The Iowa Café is a program from NEI3A that helps those who are 60 years of age or older to socialize and eat better while supporting locally owned businesses.
- Contrary to popular belief, the meals provided are **NOT FREE**.

How does it work?

- Present your key card and order from the Café menu.
- Only 1 scan per day - 6 times per month. May be subject to change.
- You will be mailed a monthly statement showing the value of the meals you received with an opportunity to contribute back to the program.

How are the meals paid for?

- NEI3A reimburses the restaurant for the meals they serve you.
- Funding for this program is limited. We depend on your contributions to help sustain the program.
- **Every dollar helps! While not required, a \$3.00 per meal contribution is suggested.**
- Your tip to the server is not a contribution towards the meal.

How can you contribute?

- Make a contribution by mail after you receive your monthly contribution statement.
- Contribute now online by using your phone's camera to scan the QR code.
- Visit our website at www.NEI3A.org/support-nei3a/ to make an online contribution.
- Make a contribution over the phone by calling 800-779-8707.



NEI3A offers support to caregivers, education programs to help individuals maintain their independence, and physical activity programs designed to prevent falls and promote healthy aging. If you would like to know more about how we can help, please check our website at www.NEI3A.org or call us at 800-779-8707.