



Iowa Café Menu

Lunch and Dinner

Offered with milk and cabbage salad

- **Small Cevapi** – Grilled beef links served in flatbread with fresh lettuce, tomatoes, and onions
- **Balkan Burger** – Beef patty topped with lettuce, tomatoes, and onions on bread

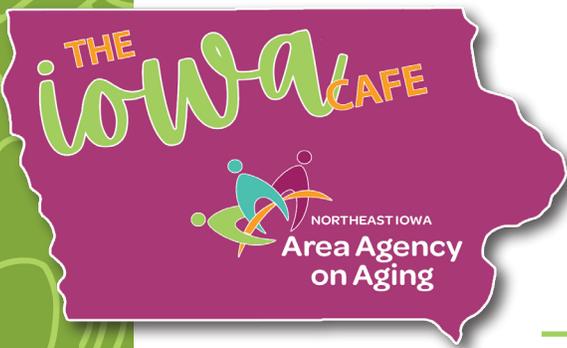
Rotating Chef Specials of the Day

Offered with milk, cabbage salad, and bread

- **Goulash** – Hearty meat stew with carrots, onions, and tomato base, served with mashed potatoes
- **Roasted Veal Dinner** – Roasted veal served with roasted potatoes
- **Cabbage Rolls** – Cabbage leaves stuffed with beef, rice, and tomato paste, served with mashed potatoes
- **Meatballs** – Beef meatballs served with mashed potatoes
- **Potato Soup** – Hearty soup with beef, potatoes, carrots, onions, and tomato base
- **Bean Stew** – Beef rib stew with beans and finely chopped carrots in broth
- **Stuffed Pepper** – Bell pepper filled with seasoned ground beef, rice, and onions in a tomato-based broth

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





Your contributions are crucial in keeping this vital program going.

What is the Iowa Café program?

The Iowa Café program is an innovative approach for older adults, 60 years of age or older, to better access socialization and nutrition through locally owned businesses rather than visiting a traditional senior center.

How does it work?

- Take your keycard to a participating restaurant and order from their approved Iowa Café Menu. You may use one scan per day, unused meals do not roll over to the next month.
- Menus vary by location and are dietitian-approved to meet the specific nutritional needs of older Americans.
- Please check with the participating restaurants for days and times of service.
- Please limit your card use to one location.
- Yearly registration is required. Information will be mailed yearly in the Spring.

How are the meals paid for?

- When you scan your card at the restaurant, NEI3A covers the cost of the meal AND the tip!
- The meals are offered on a voluntary contribution basis. It is easy to contribute.
- You will be mailed a monthly statement showing the value of the meals you received with an opportunity to contribute back to the program.
- **While not required, a \$4.00 per meal contribution is suggested.**
 - Follow the steps below to contribute.

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.