



## Iowa Café Menu

**\*\*Iowa Cafe available Tuesday through Friday from 8:00 a.m. to 2:00 p.m.\*\***

### **Breakfast (Available until 11:00 a.m.)**

*All breakfast options will be offered with coffee, milk, orange juice or tomato juice. (No refills)*

- 2 eggs, meat, 2 slices toast, and fruit
- Biscuits and gravy and fruit

### **Lunch & Dinner**

*All lunches come with choice of milk and orange juice. (No refills)*

*Sandwiches served with lettuce, tomato, onion and choice of 1 side - no substitutions*

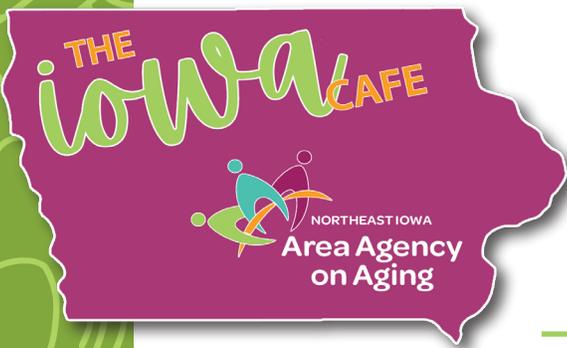
- BLT Sandwich
- Hamburger
- Smoked BBQ Pulled Pork
- Grilled Tenderloin
- Salad Bar - One Trip
- **Thursdays only** - Hot Beef
- **Fridays only** - Cod Fish Sandwich

### **Side choices:**

- Coleslaw
- Potato Salad
- Cottage Cheese
- Fresh Fruit

***You will be charged for any additional items you order that are not listed on this menu.***

**Iowa Café menu items may not be ordered for Pick-Up or To Go**



# 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/](http://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](http://www.NEI3A.org) or call us at 800-779-8707.