



## Iowa Café Menu

**Sandwiches:** *All sandwiches offered with 8 oz. of milk and one side.*

- **Iowa Cafe Panini - Choice of Ham or Turkey**  
Hearty sourdough bread stacked with honey ham and American cheese, sliced tomato and onion
- **Katy's Vegetarian Grilled Cheese**  
Swiss, American, and cheddar cheese with sliced tomatoes on hearty sourdough bread
- **Spicy Chickpea Salad on Flatbread**  
Chickpea salad served on warm Pita flatbread served with cucumber, lettuce, tomato and onions
- **Iowa Cafe Wrap**  
Choice of ham or turkey, cheese, lettuce, tomato, and onion; choice of mayonnaise, pepper relish, or oil and vinegar, wrapped in tortilla.
- **The Monster Basic Dog**  
Beef hot dog served with bun and choice of: ketchup, yellow mustard, brown mustard, pickle relish, diced onion, and jalapenos
- **The Monster California Dog**  
Beef hot dog served with bun and avocado, tomato, diced onion, and crumbled feta cheese
- **Big Apple Dog**  
Beef hot dog served with bun, sauerkraut, brown mustard and diced onions

**Salads:** *Salad offered with milk and 1 slice bread.*

- **Classic Chef Salad**  
Julienned honey ham or turkey on a bed of fresh greens with shredded cheese, ripe tomatoes, and cucumbers

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



## Sides

- Poblano Potato Salad
- Asian Slaw
- Cooked Vegetable of the Day
- Salad with Dressing
- Diced Fruit or Applesauce

*Any extras or substitutions are not covered by the Iowa Café program. Funding for the program only covers what is stated above.*



# *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.***
  - o 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.