



Iowa Café Menu

Breakfast

All breakfast options will be served with coffee, milk and juice.

1. Two Eggs, and Choice of Bacon, Ham or Sausage (Served with 2 slices of toast, potato, and 1 fruit)
2. Scrambled Eggs with Diced Ham (Served with 2 slices of toast, potato, and 1 fruit)
3. Deluxe Omelet (Ham, peppers, onions, mushrooms, and cheese) Served with 2 slices of toast
4. Veggie Omelet (Served with 2 slices of toast)
5. Egg Sandwich (Choice of bread: whole wheat bread or English muffin; choice of meat: sausage patty, bacon, or ham; Also with cheese and an egg) Served with 1 fruit and potato.

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

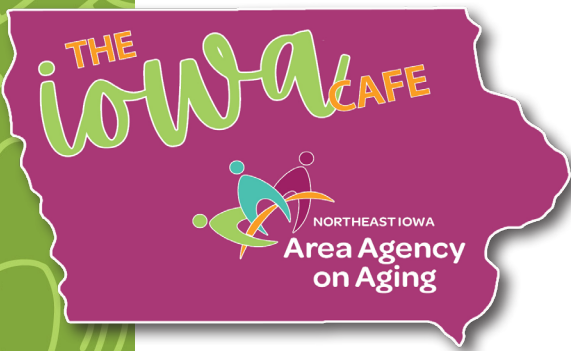


Lunch

- All lunch options will be served with choice of Coffee/Milk/Orange, Apple, or Tomato Juice*
 - All sandwiches served with lettuce, tomato, and onions and 2 sides
6. Broiled Cod Fillet Sandwich
 7. Grilled Chicken Breast Sandwich
 8. Ham Sandwich
 9. Chicken Salad Sandwich
 10. BLT
 11. Pork Tenderloin (Grilled)
 12. Hamburger (1/4 lb)
 13. Cheeseburger (1/4 lb)
 14. 1/2 Hot Beef (when available)
 15. Mushroom & Swiss Burger (1/4 lb)
 16. Salad Bar

Sides

- Coleslaw
- Potato Salad
- Macaroni Salad
- Pea Salad
- Beets
- Hash Browns
- American Fries
- Mashed Potatoes with gravy
- Vegetable of the day
- Fruit of the day



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.