



563-204-2047



Iowa Café Menu

Iowa Cafe available Monday through Thursday from 4:30 to 8:00 p.m. Each meal is served with one side and beverage listed below.

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



Monday

- Sloppy Joes Meal
 - Served with Tator Tots or Green Beans

Rotating Monday Menu - Items not available every week.

- Hot Ham & Cheese Sandwich - Served with Tator Tots or Green Beans
- BBQ Pork Sandwich - Served with Tator Tots or Green Beans
- Bratwurst Patty - Served with Tator Tots or Green Beans

Tuesday

- Taco Meal
 - One Soft Shell Beef Taco with Cheese, Lettuce, Tomato, Onion and side of rice.
- Or
- Cold Ham and Cheese Sandwich
 - Served with choice of two sides

Wednesday

- Hamburger Meal
 - Served with Slice of Cheese, Lettuce, Tomato, Onion, Pickle
- Or
- Cold Ham and Cheese Sandwich
 - Served with choice of two sides

Thursday

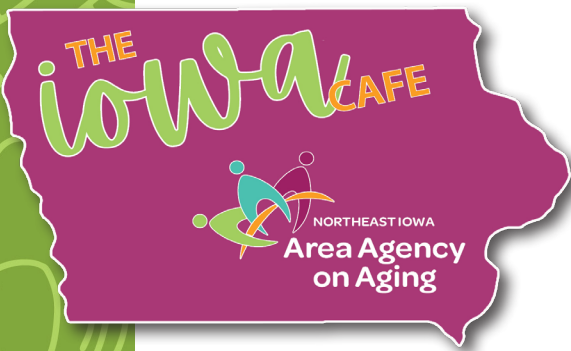
- Chili Dog Meal
 - Served with Cheese and Onion
- Or
- Cold Ham and Cheese Sandwich
 - Served with choice of two sides

Sides

- Coleslaw
- Baked Beans
- Potato Salad
- Applesauce
- Corn
- Green Beans
- Watermelon

Beverage Choices

- Milk
- Orange Juice
- Apple Juice
- Tomato Juice



Iowa Café Update:

Your contributions are crucial in keeping this vital program going.

What is the Iowa Café 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.