



## Iowa Café Menu

**Lunch and Dinner:** Served with milk, and one side

- **Cevapi** - Beef sizzlers in pita bread served with tomatoes & onions, and sour cream.
- **Pljeskavica** - Beef patty topped with lettuce, tomatoes, and ranch in pita bread.
- **Chicken Kabob** - Grilled chicken breast served in pita bread with a side of tomatoes & onions and sour cream.
- **Grilled Chicken** - Served with rice, bread, tomato slices.
- **Beef Slider** - Served on a bun with lettuce, tomato & onion and choice of mayo or vinegar.

**Rotating Chef Specials of the Day:** Served with milk

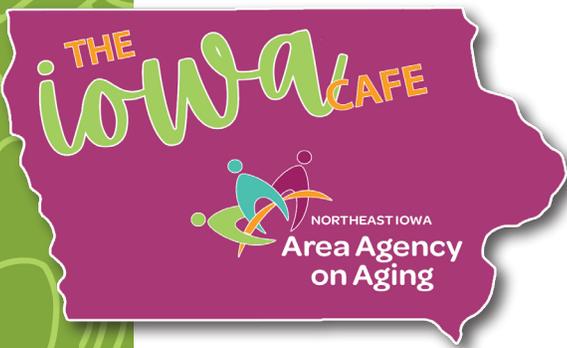
- **Grah** – Bean Stew (beans, onions & carrots and sausage link), served with bread and one side.
- **Goulash** – Beef carrots & onions in gravy served with mashed potatoes, and bread.
- **Rizzoto** – Beef, carrots, onions & peas in gravy served with mashed potatoes and bread.
- **Meatballs** – Minced beef, onions, garlic, peppers, and carrots in a savory sauce served with mashed potatoes and bread.

### Sides

- Cabbage salad
- Garden Salad with ranch
- Vegetable de jour
- Seasonal fruit
- Coleslaw

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





## 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/](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.