



Iowa Café Menu

Breakfast: *Offered with milk, choice of juice or fruit.*

- **IA Café Breakfast:** 2 Eggs, Hashbrowns, and Choice of Bacon or Sausage, and Wheat Toast
- **Breakfast Burrito**
- **Breakfast Sandwich:** Egg, Choice of Sausage, Ham, or Bacon. Served with hashbrowns.
- **Western Omelet:** Ham, Cheddar Cheese, Mushrooms, Green Peppers, and Onion, and Toast
- **Veggie Omelet:** Eggs, Cheddar Cheese, Mushrooms, Green Peppers, Onion, and Tomato, and Toast

Lunch: *Offered with milk, coffee, and one side. Sandwiches offered with choice of lettuce, tomato, onion, and pickles.*

- **Ready-Made**
- **Hamburger**
- **Cheeseburger**
- **BLT**
- **Fish Sandwich**
- **Grilled Chicken Sandwich**
- **Pork Tenderloin**
- **Chicken Salad on Croissant**
- **Grilled Chicken Wrap:** Choice of Ranch or Thai Dressing

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



Salads:

- **Grilled Chicken Salad:** Lettuce with Chicken, Cheddar Cheese, Black Olives, Tomatoes, Green Peppers and Onions. Served with choice of dressing and a dinner roll.
- **Southwest chicken salad:** Lettuce with Chicken, Black Olives, Corn, Red Peppers, and Onions. Served with chipotle ranch dressing and a dinner roll.

Rotating Chef Specials of the Day: *Offered with milk.*

- **Check with Server for Daily Special**

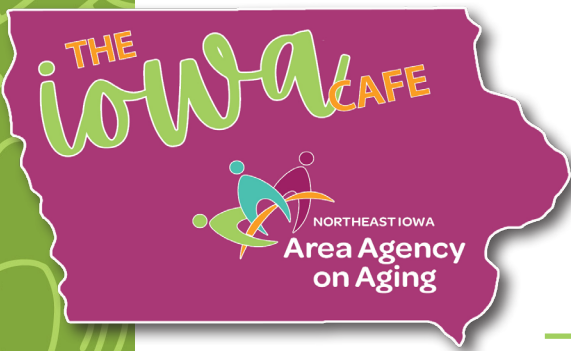
Sides:

- **Peaches**
- **Applesauce**
- **Coleslaw**
- **Side Salad (with choice of dressing)**
- **Vegetable of the Day**
- **Mashed Potatoes and Gravy**

Iowa Café hours: 8:00 a.m. - 3:00 p.m., Monday - Friday

No substitutions or to go orders. Only one refill of coffee.

No refills of milk or juice.



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/ 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.