



## Iowa Café Menu

*Meals served with coffee, milk, and juice. One meal on coffee, no meals on milk or juice.*

### Sandwiches:

- **Hamburger**  
Served with lettuce, tomato, onions, pickles and choice of 1 side.
- **Cheeseburger**  
Served with lettuce, tomato, onions, pickles and choice of 1 side.
- **Chicken Sandwich**  
Served with lettuce, tomato, and choice of 1 side.
- **Grilled Pork Fritter Sandwich**  
Served with lettuce, tomato, and onion, and choice with 1 side.
- **Special Fish Sandwich**  
Served on Texas toast with lettuce, tomato, tartar (on the side) and choice of 1 side.

### Wraps:

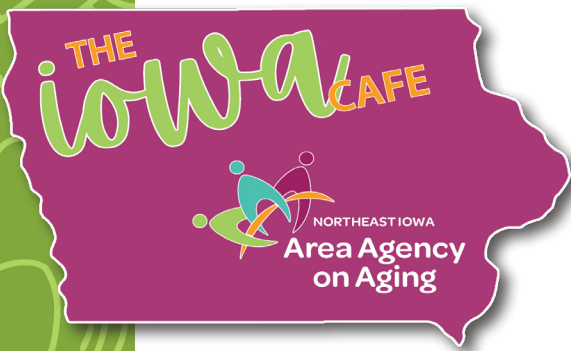
- **Grilled Chicken Wrap**  
Served with lettuce, tomato, ranch, and choice of 1 side.
- **Fish Wrap**  
Served with lettuce, tomato, tartar, and choice of 1 side.

### Salads:

- **Grilled Chicken Salad**  
Served with whole grain roll
- **Salad Bar**

### Side choices:

- Coleslaw
- Potato Salad
- Side Salad
- Cottage Cheese
- Fruit



## 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.