



Iowa Café Menu

Breakfast: *Offered with milk. Choice of fruit or juice and hashbrowns.*

- 1/2 Biscuit & Gravy – Biscuit, sausage gravy, and egg.
- 1/2 Omelet – Eggs with choice of cheese, meat, or vegetables, served with toast.
- Senior French Toast – French toast with choice of sausage or bacon.
- Breakfast Sandwich – English muffin with egg and choice of bacon, sausage, or ham.

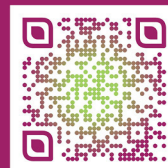
Lunch: *Sandwiches offered with lettuce, tomato, and onion. All lunch options are served with choice of one side and milk.*

- Burger – Burger on a bun.
- Tenderloin Sandwich – Tenderloin on a bun.
- Pizza Burger – Pizza burger on a bun.
- Hot Ham & Cheese Sandwich – White bread with ham and cheese.
- 1/2 Hot Beef – Bread with roast beef and mashed potatoes. Not available on Sundays.

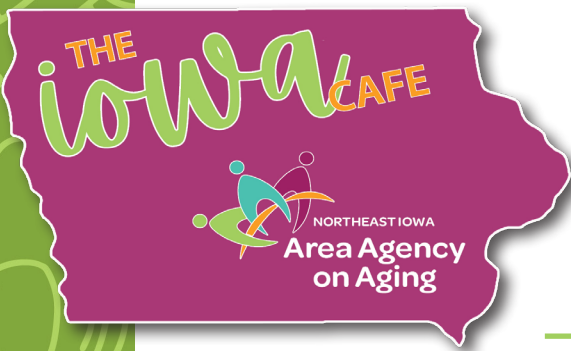
Side Options:

- Coleslaw
- Potato Salad
- Macaroni Salad
- Side Salad – Lettuce with cheese, croutons, and choice of dressing.
- Fruit

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



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.***
 - o 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.