



Iowa Café Menu

All meals are served with your choice of 1 side, coffee and 8 oz milk.

Pick one sandwich or ask for the daily special:

- **Cheeseburger** (served with onion, pickle, lettuce and tomato)
- **Swiss mushroom burger** (served with onion, pickle, lettuce and tomato)
- **Grilled Chicken Bacon Swiss** (served with onion, pickle, lettuce and tomato)
- **Grilled Cheese** (served with 2 sides)
- **Iowa Café Wrap** (deli meat, cheese, onion, pickle, lettuce, tomato, and dressing)

Daily Specials:

- **Tuesday:** Tater Tot Casserole served with 2 slices of bread and a vegetable of the day
- **Thursday:** $\frac{1}{2}$ Hot Beef Sandwich served with mashed potatoes, gravy and vegetable of the day.

Sides:

- Tropical Fruit cup,
- Applesauce
- Potato Salad
- Lettuce Salad

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



Hours 11 am-1 pm: Tuesdays and Thursdays

- You will be charged for any additional items you order that are not listed on this menu.
- Iowa Café menu items may not be ordered for Pick-Up or To Go.



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?

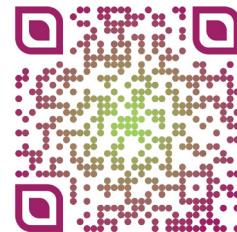
- Take your keycard to a participating restaurant and order from their approved Iowa Café Menu. You may use one scan per day, unused meals do not roll over to the next month.
- Menus vary by location and are dietitian-approved to meet the specific nutritional needs of older Americans.
- Please check 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.