



Iowa Café Menu

All meals include coffee, milk, and juice. One coffee refill, no refills on milk and juices. Substitutes are NOT allowed.

Breakfast Options

All omelets come with 2 slices wheat toast and ½ cup hash browns or ½ cup fruit

- 2 egg Western omelet (ham, American cheese, onions and pepper filling)
- 2 egg Sausage omelet (sausage and cheese filling)
- 2 egg Bacon omelet (bacon and cheese filling)
- 2 egg Vegetable omelet (mushrooms, tomatoes, peppers, onions, and cheese filling)
- Best breakfast (2 egg, 2 slice toast, 2 strip bacon or sausage links, hash browns or fruit cup)

Sandwiches

All served on wheat bun or wheat bread (2 slices) with lettuce, tomato, pickle and onion and choice of ONE: ½ cup coleslaw, ½ cup veggie of the day, ½ cup mashed potatoes and gravy or ½ cup apple sauce or fruit cup

- Hamburger
- Cheeseburger
- Patty melt
- Grilled loin
- Smoked turkey melt
- Pulled chicken
- Pulled pork
- Chicken breast

Special

Half – hot beef with gravy (2 -3 oz beef, ½ cup mashed potatoes, ½ cup veggie of the day, and 2 slices wheat bread)

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



Salads

Served with bread stick and crackers

- Iowa Cafe Crispy chicken salad (crispy breaded or grilled chicken tenders, diced tomatoes and shredded Colby jack cheese, served with choice of dressing) (2 cups mixed greens and veggies, 2 -3 oz mixed chicken and cheese)
- Iowa Café Chef salad (Ham, turkey, bacon crumbles, Colby jack cheese and sliced hard-boiled egg top this bed of lettuce, served with choice of dressing) (2 cups mixed greens and veggies and one egg, and 2 oz combination ham, turkey or cheese)



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.