<table>
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<th>Monday</th>
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| **3 NIKUJAGA w STEAMED BOK CHOIY**+  
Kinpira Gobo (braised burdock root & carrot salad)  
Fruit | **J-SEI CLOSED** | **5 GYUDON** (beef rice bowl w onion & pickled ginger)  
Spring Mix Salad w carrot & Garbanzo Beans  
Fruit + | **6 TONJIRU** (pork) w DAIKON*  
Carrots*  
Spring Mix Salad w Edamame & Tomatoes  
Fruit +  
(Miso soup – dine in only) | **7 CHICKEN MISOYAKI w STEAMED BROCOLI+  
Cucumber Wakame Sunomono (in vinegar)  
Fruit** |
| **10 NIMONO** (simmered vegetables) w CHICKEN & EGG+  
Steamed Bok Choy+  
Cucumber Wakame Sunomono (in vinegar)  
Fruit | **11 SABA YAKI** (grilled mackerel) w STEAMED CAULIFLOWER+  
Italian Blend Vegetables*  
Fruit  
FROZEN MEAL | **12 HAMBURGER STEAK w MUSTARD GREENS**+  
Romaine Salad w Garbanzo beans  
Fruit | **13 HIYASHI SOMEN**+ (cold thin noodles) w EGG  
Tofu Salad w Tomato, Carrots, Cucumber & Edamame+*  
Edamame  
Fruit (Miso soup – dine in only) | **14 BUTA DOFU** (Japanese pork & tofu)  
Steamed Bok Choy+  
Spring Mix Salad w Garbanzo & Cucumbers  
Fruit |
| **17 TORI DANGO NABE w TOFU**+  
Napa Cabbage  
Hijiki & Edamame Salad  
Edamame  
Fruit+ | **18 CHICKEN CREAM STEW w STEAMED MUSTARD GREENS**+  
Italian Blend Vegetables*  
Fruit  
FROZEN MEAL | **19 AGEBITASHI+ (roasted vegetables and tofu in dashi)**  
with rice noodles  
Spring Mix Salad w Garbanzo Edamame  
Fruit | **20 BAKED MISO SNAPPER w CARROTS & ZUCCHINI**  
Edamame  
Fruit  
(Miso soup – dine in only) | **21 CHIRASHI** (sushi rice w scattered toppings)  
Edamame  
Spinach Shira-ae (mashed tofu)*+  
Fruit |
| **24 BUTA NABE** (sliced pork, carrots, napa cabbage, & tofu in broth)  
Kinpira Gobo (braised burdock root & carrot salad)  
Fruit+ | **25 BEEF & BROCCOLI+  
Steamed Mustard Greens*  
Japanese Blend Vegetables+  
Fruit  
FROZEN MEAL** | **26 HERB MARINATED SALMON**  
Spring Mix Salad w/Carrot & Garbanzo Beans  
Steamed Broccoli+  
Fruit | **27 JAPANESE-STYLE SPAGHETTI & MEATBALLS w VEGETABLES**+  
Cabbage & Carrot Salad++  
Fruit  
(Miso soup – dine in only) | **28 SIMMERED DAIKON & KABOCHA w TOFU**+  
Steamed Cauliflower+  
Spinach Shira-ae (mashed Tofu)+*  
Fruit |
| **31 TOFU & EGGPLANT DENGAKU** (miso glaze)  
Cabbage & Carrot Salad*+  
Fruit+ | Mixed-grain rice served unless indicated. | *1 cup frozen vegetable blend & 1 fresh fruit or fruit cup included with each frozen meal | | |

Funding support from Alameda County & Contra Costa County Area Agencies on Aging  
1285 60th St, Emeryville 94608 - (510) 654-4000 | Contact Kathleen@j-sei.org
Vitamin C

What is Vitamin C?

Vitamin C, also commonly known as ascorbic acid, is an essential vitamin. Since your body cannot make vitamin C, it must come from the foods you eat every day.

Why is Vitamin C important?

- It supports a healthy immune system
- Aids in wound care
- Maintains healthy bones and teeth
- A great source of antioxidants

What are good sources of Vitamin C?

Citrus fruits, green and red bell peppers, tomatoes, strawberries, broccoli, cauliflower, brussels sprouts, and many more.

Did you know...?

Vitamin C helps with the absorption of vegetarian sources of iron foods. For example, pair a spinach salad with a squeeze of lemon juice.

Information obtained from:
The Academy of Nutrition and Dietetics
Created by: Heather Cuellar, RD

Disclaimer: This article is for informational purposes only and is not intended to be a substitute for medical advice or diagnosis from a physician.