<table>
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<th>Monday</th>
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| *1 cup frozen vegetable blend & 1 fresh fruit or fruit cup included with each frozen meal | 1 **GRILLED SLICED BEEF**  
Steamed Broccoli+  
Japanese Blend Vegetables+  
Fruit  
**FROZEN MEAL** | 2 **TONJIRU** *(pork)*  
DAIKON*  
Carrots*  
Spring Mix Salad w Edamame & Tomatoes  
Fruit + | 3 **TORI DANGO NABE** *(tofu & ground chicken w napa cabbage)  
Kinpira Gobo (braised burdock root & carrot salad)  
Fruit+  
(Miso soup – dine in only) | 4 **MISO SABA** *(mackerel)*  
Baked Yams*  
Cabbage & Carrot Salad+*  
Fruit |
| 7 **SWEET & SOUR SNAPPER** *w VEGGIES†  
Carrot and Zucchini*  
Spring Mix Salad w Garbanzo & Cucumbers  
Fruit | 8 **CHICKEN & KABOCHA** *(winter squash)*  
Japanese Blend Vegetables+  
Fruit  
**FROZEN MEAL** | 9 **CHIRASHI** *(sushi rice w scattered toppings)*  
Edamame  
Spinach Shira-ae *(mashed tofu)*+  
Fruit | 10 **SOBORO DONBURI** w **BROCCOLI**+  
Edamame  
Fruit  
(Miso soup – dine in only) | 11 **SIMMERED DAIKON & KABOCHA** *w TOFU†*  
Steamed Zucchini  
Cabbage & Carrot Salad*+  
Fruit |
| 14 **NIMONO** *(simmered vegetables)*  
**w CHICKEN & EGG†**  
Steamed Bok Choy*+  
Cucumber & Wakame Sunomono  
Fruit | 15 **SALMON YAKI** *(grilled salmon)*  
**w STEAMED CAULIFLOWER†**  
Italian Blend Vegetables*  
Fruit  
**FROZEN MEAL** | 16 **YOSENABE** w **CLEAR NOODLES†**+  
(Japanese Hot Pot w Vegetables, Chicken, Fish, & Tofu)  
Hijiki & Edamame Salad  
Fruit+ | 17 **GYUNIKU TO YASAI†**+  
(simmered beef and vegetables in broth)  
Spinach Shira-ae *(mashed tofu)*+  
(Miso soup – dine in only) | 18 **TOFU & EGGPLANT DENGAKU** *(miso glaze)*  
Spring Mix Salad with Cucumbers & Tomatoes  
Fruit+ |
| 21 **HIYASHI SOMEN** *(cold thin noodles)*  
**w EGG**  
Tofu Salad w Tomato, Carrots, Cucumber & Edamame+  
Romaine Salad w Garbanzos, Fruit | 22 **GOMOKU MESH†**+  
*(five-ingredient mixed rice, chicken & vegetables)*  
Japanese Blend Vegetables+  
Fruit  
**FROZEN MEAL** | 23 **GYUDON** *(beef rice bowl w onion & pickled ginger)*  
Steamed Mustard Greens*  
Cucumber & Wakame Sunomono  
Fruit+ | 24 **AGEBITASHI†**+ *(roasted vegetables and tofu in dashi)* with rice noodles  
Spring Mix Salad w Tomatoes & Cucumber  
(Miso soup – dine in only) | 25 **NIKUJAGA** w **STEAMED BOK CHoy†**+  
Kinpira Gobo (braised burdock root & carrot salad)  
Fruit |
| 28 **CHICKEN MISOYAKI** *(miso marinade)*  
**w CARROTS & ZUCCHINI**  
Cabbage & Carrot Salad**+  
Fruit+ | 29 **HERB MARINATED SALMON** *w BROCCOLI†*+  
Japanese Blend Vegetables+  
Fruit  
**FROZEN MEAL** | 30 **HAMBURGER STEAK** *w CAULIFLOWER†*+  
Spring Mix Salad w Carrot & Garbanzo  
Fruit | 31 **BUTA NABE†** *(sliced pork, carrots, napa cabbage, & tofu in broth)*  
Cabbage & Carrot Salad*+  
Fruit  
(Miso soup – dine in only) | 1% low fat milk or Soymilk available upon request.  
Mixed-grain rice served unless indicated. |

Funding support from Alameda County & Contra Costa County Area Agencies on Aging
Herbs and Spices

Herbs and spices not only add delicious flavor to our meals but offer numerous nutrition benefits. While we tend to use herbs and spices in small amounts, they sure pack powerful flavor profiles.

What are herbs and spices?
Herbs and spices come from plants and plant parts such as leaves, seeds, bark, roots and more.

Herb and Spices Health Benefits:
- Antioxidant Properties: can help protect cells from damage caused by free radicals
- Anti-Inflammatory: helps reduce inflammation in the body
- Aids in digestion and may reduce nausea

Some Popular Herbs and Spices:
Turmeric, Cinnamon, Ginger, Garlic, Basil, Rosemary, Black pepper

Ways to Use Herbs and Spices:
- Sprinkle Cinnamon on your oatmeal or in your coffee
- Replace salt with herbs and spices to boost flavor
- Mix herbs and spices into butter or cream cheese for added flavor
- Make herb infused water such as adding mint to water
- Add dill, cilantro, or basil to salads, pastas, or soups
- Roast vegetables with rosemary, pepper, thyme, or turmeric

Did you know... for some of us as we age our tastebuds can change and some foods may not taste as well as they used to? But don’t let that stop you from enjoying your favorite foods. Try using different herbs and spices (without adding salt) for flavor packed food!

Information obtained from:
Understanding Nutrition by Whitney / Rolfs & Todays Dietitian
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.