



J-SEI JANUARY 2024 MENU

Suggested Donation
Aged 60+: \$5 | Under 60: \$8



Monday	Tuesday  (frozen meal, delivered on Mon)	Wednesday	Thursday	Friday
1  J-SEI CLOSED	2  J-SEI CLOSED	3 J-SEI CLOSED	4 J-SEI CLOSED	5  J-SEI CLOSED
8 HERB ROASTED PORK Steamed Broccoli+ Cucumber & Wakame Sunomono Fruit	9 SALMON YAKI (grilled salmon) w STEAMED CAULIFLOWER+ Italian Blend Vegetables* Fruit FROZEN MEAL	10 TORI DANGO NABE* (tofu & ground chicken w napa cabbage) Spring Mix Salad w Garbanzo & Cucumbers Fruit +	11 SIMMERED DAIKON & KABOCHA W TOFU+* Cabbage & Carrot Salad* Fruit (Miso soup – dine in only)	12 NIKUJAGA w STEAMED BOK CHOY*+ Kinpira Gobo (braised burdock root & carrot salad) Fruit
15 MLK JR DAY  Extra Frozen delivered on 1/10, 1/11, or 1/12 J-SEI CLOSED	16 GOMOKU MESHI* (five- ingredient mixed rice, chicken & veggies) Steamed Broccoli+ Japanese Blend Vegetables+ Fruit FROZEN MEAL	17 YASAI NABE +* (tofu & vegetable in broth) Edamame Cucumber Wakame Sunomono (in vinegar) Fruit	18 CHICKEN HEKKA* (braised chicken w mung bean sprout noodles) Spring Mix w Tomatoes & Garbanzo Beans Steamed Mustard Greens+* Fruit (Miso soup – dine in only)	19 VEGETABLE CURRY UDON +* Hijiki (Asian Sea Vegetable) & Edamame Salad Fruit
22 ODEN w EGG & VEGETABLES* (winter hot pot w egg, daikon, konjac, fish cakes in a soy-based broth) Kinpira Gobo (braised burdock root & carrot salad) Fruit+	23 MISO SABA w STEAMED CAULIFLOWER+ Japanese Blend Vegetables+ Fruit FROZEN MEAL	24 TEPPANYAKI (chicken & vegetables) + Cabbage Carrot Salad* Fruit	25 YASAI ZARU SOBA (cold buckwheat noodles with vegetables) Spring Mix w Cucumbers & Tomatoes Fruit + (Miso soup – dine in only)	26 CHIRASHI (sushi rice w scattered toppings) Edamame Spinach Shira-ae (mashed tofu)*+ Fruit
29 BEEF & BROCCOLI+ Spring Mix Salad w Garbanzo & Cucumbers Fruit	30 CHICKEN CREAM STEW w BROCCOLI & PEAS+ Italian Blend Vegetables* Fruit FROZEN MEAL	31 AGEBITASHI+ (roasted vegetables and tofu in dashi) with rice noodles Hijiki (Asian Sea Vegetable) & Edamame Salad Edamame Fruit	Mixed-grain rice served unless indicated Vitamin +C source, Vitamin *A source, **>indicates +1000mg sodium 1% Low fat milk or Soymilk may be available upon request Menu subject to change	
				

Eat the Rainbow

One way to achieve variety of vitamins and minerals is by eating a diet full of color. Eating a rainbow of colors is best achieved when choosing fruits and vegetables of different colors every day.

Color Benefits:

RED- May help reduce sun related skin damage, may help reduce risk of heart related disease, and contains antioxidant properties.

ORANGE & YELLOW - Helps support night vision, helps with gum and teeth health, and may help with immune support.

GREEN- Green foods, especially cruciferous vegetables may help lower risks of certain cancers and heart disease.

BLUE & PURPLE- Are a great source of antioxidants, helps with overall brain health, and may help with lowering risks of certain cancers.



J-Sei Meal Spotlight:

Did you know many meals at J-Sei provide an array of colors? One example is Agebitashi - a vegetarian meal that consists of Edamame, Eggplant, Squash/Zucchini, and Red Bell Peppers!

Information obtained from:
Understanding Nutrition By Whitney Roles &
Healthline.com
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Disclaimer: This article is for informational purposes only and is not intended to be a substitute for medical advice or diagnosis from a physician