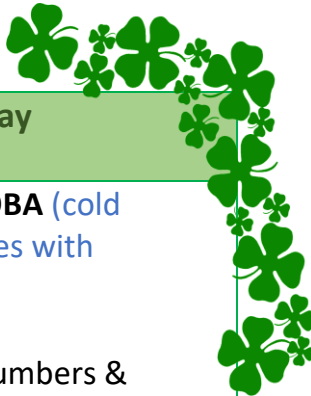




J-SEI MARCH 2024 MENU



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



Monday	Tuesday (frozen meal, delivered on Mon)	Wednesday	Thursday	Friday
Mixed-grain rice served unless indicated.	Vitamin +C source, Vitamin *A source, **> indicates +1000mg sodium	*1 cup frozen vegetable blend & 1 fresh fruit or fruit cup included with each frozen meal	1% low fat milk or Soymilk available upon request.	1 YASAI ZARU SOBA (cold buckwheat noodles with vegetables) Edamame Spring Mix w Cucumbers & Tomatoes Fruit +
4 SIMMERED DAIKON & KABOCHA W TOFU+* Spring Mix Salad w Tomato & Black Beans Fruit	5 BUTA DOFU (japanese pork & tofu) Zucchini & Carrots* Japanese Blend Vegetables+ Fruit FROZEN MEAL	6 MISO SABA (mackerel) Steamed Cauliflower+ Cabbage & Carrot Salad* Fruit	7 AGEBITASHI+ (roasted vegetables and tofu in dashi) with rice noodles Hijiki& Edamame Salad Edamame Fruit (Miso soup – dine in only)	8 JAPANESE-STYLE SPAGHETTI & MEATBALLS w VEGETABLES*+ Cabbage & Carrot Salad* Fruit
11 CHICKEN, TOFU, & SHIITAKE MUSHROOM Butternut Squash* Cucumber Wakame Sunomono Fruit+	12 GYUNIKU TO YASAI+* Steamed Broccoli+ Japanese Blend Vegetables+ Fruit FROZEN MEAL	13 TORI DANGO NABE* (tofu & ground chicken w napa cabbage) Daikon & Carrot Salad+* Fruit	14 ODEN w EGG & VEGETABLES*+ (winter hot pot w egg, daikon, konjac, fish cakes in a soy-based broth) Cabbage & Carrot Salad* Fruit	15 BAKED SALMON w DILL CREAM SAUCE Baked Yams* Kinpira Gobo (braised burdock root & carrot salad) Fruit +
18 TOFU & EGGPLANT DENGAKU (miso glaze) Spring Mix Salad w Carrot & Garbanzo Fruit+	19 HERB MARINATED SALMON w BROCCOLI+ Japanese Blend Vegetables+ Fruit FROZEN MEAL	20 BEEF & TOFU PATTY w MUSHROOM GRAVY Kabocha (winter squash)*+ Spring Mix w Cucumbers & Tomatoes Fruit	21 NIMONO (simmered vegetables) w CHICKEN & EGG+ Steamed Bok Choy+ Cabbage & Carrot Salad* Fruit (Miso soup – dine in only)	22 CHIRASHI (sushi rice w scattered toppings) Edamame Spinach Shira-ae (mashed tofu)*+ Fruit
25 BUTA NABE* (sliced pork, carrots, napa cabbage, & tofu in broth) Cucumber & Wakame Sunomono Fruit+	26 BAKED LEMON HERB CHICKEN w BUTTERNUT SQUASH* Italian Blend Vegetables* Fruit+ FROZEN MEAL	27 NIKU DANGO (beef meatballs) w COLLARD GREENS * Spring Mix Salad w Garbanzo & Cucumbers Fruit+	28 UNAGI (eel) & TOFU DONBURI (over rice) Steamed Broccoli+ Cucumber Wakame Sunomono Fruit (Miso soup – dine in only)	29 TONJIRU (pork) w DAIKON*+ Carrots* Spring Mix Salad w Edamame & Tomatoes Fruit

March is National Nutrition Month!



National Nutrition Month is an annual campaign put on by the Academy of Nutrition and Dietetics which aims to promote the importance of making informed food choices and overall healthy eating and physical activity. This year's theme is "Beyond the Table." Here are a few of the key messages:

Stay Nourished on Any Budget

Cook more at home: Eating out often can add up and be very costly. By preparing more home cooked meals it can save you money and you can plan your own healthy meals.

Use a grocery list and check local newspapers and ads for grocery coupons: Bring a list with you when grocery shopping and try to plan your meals around sale items.

Eat a Variety of Foods from All Food Groups

Be sure to include your favorite cultural foods and traditions.

Try new foods and have a colorful plate: When including different colors of the rainbow when eating it increasing a variety of healthy nutrients.

Eat with the Environment in Mind

Get creative with leftovers and ways to reduce food waste: Always be sure to check expiration and use by dates.

Eat more plant based meals and snacks.

Buy foods in season and from the local farmers market when possible.

Learn About Community Resources

Continue dining for lunch at J-Sei for healthy, delicious, and budget friendly meals.

Visit a local food bank.

Information obtained from: 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