


# J-SEI APRIL 2024 MENU

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

Monday	Tuesday (frozen meal, delivered on Mon)	Wednesday	Thursday	Friday
<b>1 NIKUJAKA w STEAMED BOK CHOY*+</b> Spring Mix Salad w Garbanzo & Carrots Fruit	<b>2 SALMON YAKI (grilled salmon)</b> Steamed Cauliflower+ Italian Blend Vegetables* Fruit FROZEN MEAL	<b>3 CHICKEN HEKKA* (braised chicken w mung bean sprout noodles) w Mustard Greens*</b> Kinpira Gobo (braised burdock root & carrot salad) Fruit +	<b>4 YASAI NABE +* (tofu &amp; vegetable in broth)</b> Edamame Cucumber Wakame Sunomono (in vinegar) Fruit	<b>5 SIMMERED DAIKON &amp; KABOCHA W TOFU*+</b> Spring Mix Salad w Tomato & Black Beans Fruit
<b>8 NIMONO (simmered vegetables) w CHICKEN &amp; EGG+ (in vinegar)</b> Fruit	<b>9 PORK CURRY*+ (Japanese style curry with assorted fresh vegetables)</b> Italian Blend Vegetables* Fruit FROZEN MEAL	<b>10 CHIRASHI (sushi rice w scattered toppings)</b> Edamame Spinach Shira-ae (mashed tofu)*+ Fruit	<b>11 HERB ROASTED PORK</b> Bok Choy*+ Cabbage & Carrot Salad* Fruit <b>(Miso soup – dine in only)</b>	<b>12 HERB MARINATED SALMON w BROCCOLI+</b> Spring Mix Salad with Cucumbers & Tomatoes Fruit
<b>15 BUTA NABE+* +(sliced pork, carrots, napa cabbage, &amp; tofu in broth)</b> Cabbage & Carrot Salad* Fruit	<b>16 BAKED MISO SNAPPER* w CAULIFLOWER +</b> Italian Blend Vegetables* Fruit FROZEN MEAL	<b>17 TORI DANGO NABE* (tofu &amp; ground chicken w napa cabbage)</b> Daikon & Carrot Salad+* Fruit	<b>18 TSUKIMI UDON (udon noodles w egg, kamaboko, age, spinach)</b> Edamame Kinpira Gobo (braised burdock root & carrot salad) Fruit+ < >	<b>19 HAMBURGER STEAK w/ CAULIFLOWER+</b> Cucumber Wakame Sunomono (in vinegar) Fruit
<b>22 TONJIRU (pork) w DAIKON*+</b> Carrots* Spring Mix Salad w Edamame & Tomatoes Fruit	<b>23 CHICKEN MISOYAKI</b> Steamed Cauliflower+ Japanese Blend Vegetables+ Fruit FROZEN MEAL	<b>24 VEGETABLE CURRY UDON +* w TOFU</b> Hijiki& Edamame Salad Fruit	<b>25 NIKU DANGO (beef meatballs) w COLLARD GREENS *</b> Edamame Fruit+ <b>(Miso soup – dine in only)</b>	<b>26 TEPPANYAKI (chicken &amp; vegetables) +</b> Cabbage Carrot Salad* Fruit
<b>29 UNAGI (eel) &amp; TOFU DONBURI (over rice)</b> Steamed Broccoli+ Spinach Shira-ae (mashed Tofu)+* Fruit	<b>30 GOMOKU MESHU* (five-ingredient mixed rice, chicken &amp; veggies)</b> Carrots & Zucchini* Japanese Blend Vegetables+ Fruit FROZEN MEAL	Mixed-grain rice served unless indicated. 1% low fat milk or Soymilk may be available upon request.	Vitamin +C source, Vitamin *A source, **> indicates +1000mg sodium	

# Okinawan Foods for Longevity

Residents of Okinawa, Japan is said to be some of the happiest and healthiest in the world. Residents here are among a population that have a life expectancy much higher than the worldly average. One of the main contributing factors is due to their healthy eating habits.

## Okinawan Nutrition Habits:

- Meals are often plant based, emphasizing vegetables, grains, soy and more.
- Meals are low in calories but high in nutrients.
- Mindful eating practices such as eating slowly to enjoy and savor each bite.
- Spending time in the sun to get Vitamin D.
- Planting and consuming from their garden.

## Some Diet Staples:

Vegetables: Goya (bitter melon)

Murasaki (sweet potato)

Handama (spinach)

Asa (sea lettuce)

Cabbage

Carrots

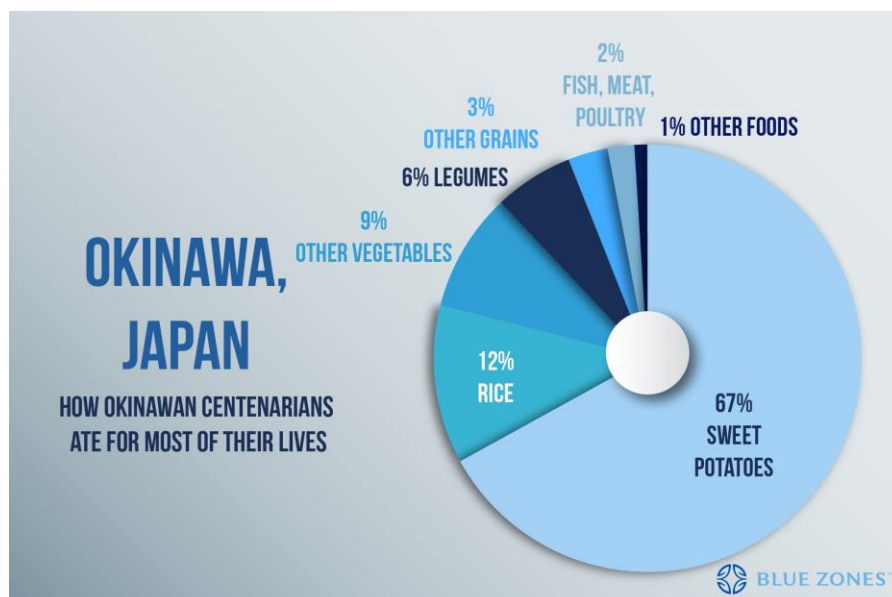


Soy foods: miso and tofu, natto and edamame

Meat and Seafood (in small amounts):

fish, seafood, pork and more

Grains: Rice and noodles



## Fun Fact:

Socialization and dedication to family and friends is another key contributing factor for longevity in Okinawa. When possible, join J-Sei on Thursdays for socialization and a healthy meal!

Information obtained from:  
Healthline.com &  
Bluezones.com  
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