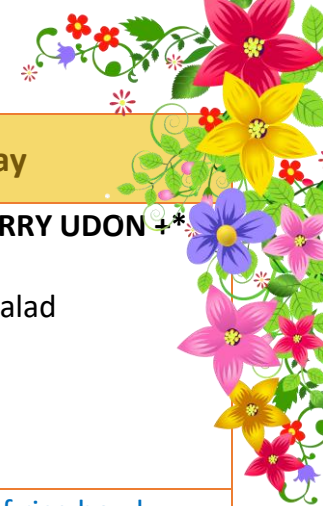


J-SEI MAY 2024 MENU



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



Monday	Tuesday (frozen meal, delivered on Mon)	Wednesday	Thursday	Friday
<p>1% low fat milk or Soymilk available upon request. Mixed-grain rice served unless indicated. Miso Soup will be served for onsite dining only</p>	<p>Vitamin +C source, Vitamin *A source, **> indicates +1000mg sodium ++ > indicates fish meal</p>	<p>1 TOFU & EGGPLANT DENGAKU (miso glaze) Spinach Shira-ae (mashed tofu)* Fruit+</p>	<p>2 PORK CURRY*+ (Japanese style curry with assorted fresh vegetables) Spring Mix Salad w Garbanzo & Cucumber Fruit (Miso Soup – dine in only)</p>	<p>3 VEGETABLE CURRY UDON +* w TOFU Hijiki& Edamame Salad Fruit</p>
<p>6 BUTA NABE* (sliced pork, carrots, napa cabbage, & tofu in broth) Hijiki (Asian Sea Vegetable) & Edamame Fruit+</p>	<p>7 CHICKEN TERIYAKI Carrot and Zucchini* Japanese Blend Vegetables + Fruit FROZEN MEAL</p>	<p>8 CHICKEN & KABOCHA (winter squash)* Spring Mix Salad w Tomato & Black Beans Fruit+</p>	<p>9 BAKED SALMON w LEMON w STEAMED BROCCOLI+ Hijiki (Asian Sea Vegetable) & Edamame Fruit (Miso Soup – dine in only)</p>	<p>10 GYUDON (beef rice bowl w onion & pickled ginger) Steamed Mustard Greens* Spring Mix Salad w Garbanzo & Cucumbers Fruit+</p>
<p>13 CHICKEN, TOFU, & SHIITAKE MUSHROOM Butternut Squash* Cucumber Wakame Sunomono (in vinegar) Fruit+</p>	<p>14 BEEF & BROCCOLI+ Italian Blend Vegetables* Fruit FROZEN MEAL</p>	<p>15 MABO DOFU (spicy tofu in meat-based sauce & peas)w STEAMED CAULIFLOWER+ Cabbage & Carrot Salad+* Fruit</p>	<p>16 CHIRASHI (sushi rice w scattered toppings) Edamame Spinach Shira-ae (mashed tofu)*+ Fruit (Miso Soup – dine in only)</p>	<p>17 BUTA DOFU Steamed Broccoli+ Spring Mix Salad w Garbanzo & Cucumber Fruit</p>
<p>20 SIMMERED DAIKON & KABOCHA w TOFU+* Spinach Shira-ae (mashed Tofu)+* Fruit</p>	<p>21 BAKED LEMON HERB CHICKEN w BUTTERNUT SQUASH* Italian Blend Vegetables* Fruit+ FROZEN MEAL</p>	<p>22 AGEBITASHI+ (roasted vegetables and tofu in dashi) with rice noodles Hijiki & Edamame Salad Edamame Fruit</p>	<p>23 TONJIRU (pork) w DAIKON* Carrots* Edamame Fruit + (Miso Soup – dine in only)</p>	<p>24 TORI DANGO NABE* (tofu & ground chicken w napa cabbage Kinpira Gobo (braised burdock root & carrot salad) Fruit+</p>
<p>27 MEMORIAL DAY *Frozen meal for 5/27 & 5/28 to be delivered on 5/22, 5/23, or 5/24 J-SEI CLOSED</p>	<p>28 HERB ROASTED PORK Broccoli+ Italian Blend Vegetables* Fruit FROZEN MEAL</p>	<p>29 TEPPANYAKI (chicken & vegetables) + Kinpira Gobo (braised burdock root & carrot salad) Fruit</p>	<p>30 BEEF & TOFU PATTY w MUSHROOM GRAVY Kabocha (winter squash)* Edamame Fruit+ (Miso Soup – dine in only)</p>	<p>31 HIYASHI CHUKA (cold Chinese style noodles) w EGG Tofu Salad w Tomato, Carrots, Cucumber & Edamame+* Spring Mix Salad w Edamame & Cucumber Fruit</p>

Vitamin D, Calcium, and Bone Health



Getting adequate calcium and vitamin D is needed for overall health and essential for bone health. Calcium is often highlighted the most when it comes to maintaining strong bones. However, vitamin D also plays an important role by helping the body to absorb calcium and by bringing calcium to the bones and teeth. If you are not getting enough calcium and vitamin D, your bones may suffer and become weak. Let's explore and discover more about these important nutrients.

What are good food sources of calcium and vitamin D?

Calcium:

Calcium is most common in dairy products such as milk, cheese, and yogurt. There are also calcium fortified foods found in certain juices, cereals, and tofu. Nondairy calcium sources include almonds, broccoli, bok choy, and collard greens.

Vitamin D

Vitamin D is also known as the “sunshine” vitamin because your body can convert sunlight into vitamin D.

Vitamin D is not as common in everyday foods, but you can find it in salmon (and other fatty fish), egg yolks, beef liver, some mushrooms, and vitamin D fortified foods such as orange juice.

Helpful tips to increasing your intake of Calcium and Vitamin D:

- 1) Try spending 5-10 minutes in the sun (to get your vitamin D), 2-3 times per week while enjoying a cup of warm milk (to get your calcium). Remember to avoid over exposure to the sun without sun protection.
- 2) When grocery shopping, remember to read food labels and look for foods that have calcium or vitamin D or have been “fortified” with calcium or vitamin D.
- 3) Consume 8 ounces of milk or a calcium fortified milk alternative with a meal.
- 4) Try eating more fatty fish such as salmon, mackerel, herring and sardines.
- 5) Include a side of calcium rich greens to your meals.

It is always recommended to consume calcium and vitamin D through food sources first. However, some individuals may need to take a vitamin D or calcium supplement. It is always recommended to speak with your health care provider before doing so.

J-Sei Spotlight:



J-Sei provides vitamin D rich salmon dishes as well as calcium rich dishes that include tofu, broccoli, and spinach.

Information obtained from:
Eatright.org & Understanding
Nutrition by Whitney Roles
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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.