



J-SEI OCTOBER 2024 MENU



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

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 CHICKEN MISOYAKI (miso marinade) w STEAMED BROCCOLI+ Spring Mix Salad w Carrot & Garbanzo* Fruit</p>	<p>2 YASAI NABE +* (tofu & vegetable in broth) Edamame Cucumber Wakame Sunomono (in vinegar) Fruit</p>	<p>3 BUTA NABE* (sliced pork, carrots, napa cabbage, & tofu in broth) < > Hijiki (Asian Sea Vegetable) & Edamame Salad Fruit+ (Miso soup – dine in only)</p>	<p>4 HIYASHI SOMEN+ (cold thin noodles) w EGG Tofu Salad w Tomato, Carrots, Cucumber & Edamame+* Spring Mix Salad w Black beans Fruit</p>
<p>7 MABO DOFU (spicy tofu in meat-based sauce & peas) w STEAMED CAULIFLOWER+ Cabbage & Carrot Salad* Fruit</p>	<p>8 BAKED MISO SNAPPER* w STEAMED BROCCOLI+ Japanese Blend Vegetables+ Fruit Frozen Meal J-SEI KITCHEN CLOSED</p>	<p>9 SIMMERED DAIKON & KABOCHA W TOFU +* Cabbage & Carrot Salad* Fruit</p>	<p>10 TEPPANYAKI (chicken & vegetables) + Spring Mix Salad w Garbanzo & Cucumbers Fruit (Miso soup – dine in only)</p>	<p>11 VEGETABLE CURRY UDON +* Hijiki (Asian Sea Vegetable) & Edamame Salad Fruit</p>
<p>14 J-SEI CLOSED</p>  <p>*Frozen meal for 10/14 will be delivered between 10/7 to 10/11</p>	<p>15 TOFU & EGGPLANT DENGAKU (miso glaze) Hijiki (Asian Sea Vegetable) & Edamame Salad Fruit +</p>	<p>16 TORI DANGO NABE* (tofu & ground chicken w napa cabbage) Cucumber Wakame Sunomono (in vinegar) Fruit +</p>	<p>17 CHIRASHI (sushi rice w scattered toppings) Edamame Spinach Shira-ae (mashed tofu)*+ Fruit (Miso soup – dine in only)</p>	<p>18 NIKU DANGO (beef meatballs) w COLLARD GREENS+*Cabbage & Carrot Salad* Fruit</p>
<p>21 NIKUJAGA w STEAMED BOK CHOY*+ Kinpira Gobo (braised burdock root & carrot salad) Fruit</p>	<p>22 GOMOKU MESHU* (five-ingredient mixed rice, chicken & veggies) Broccoli+ Cucumber Wakame Sunomono (in vinegar) Fruit</p>	<p>23 PORK SHOGAYAKI (stir fried marinated pork) Steamed Cauliflower+ Spring Mix Salad w Carrot & Garbanzo* Fruit</p>	<p>24 ODEN w EGG & DAIKON+* (winter hot pot w egg, daikon, konjac, fish cakes in a soy-based broth) Kinpira Gobo (braised burdock root & carrot salad) Edamame, Fruit</p>	<p>25 BAKED SALMON w LEMON Baked Yams* Hijiki & Edamame Salad Fruit +</p>
<p>28 PORK CURRY*+ (japanese style curry with assorted fresh vegetables) Cabbage & Carrot Salad* Fruit</p>	<p>29 YOSENABE w CLEAR NOODLES*(Japanese Hot Pot w Vegetables, Chicken, Fish, & Tofu) Kinpira Gobo (braised burdock root & carrot salad) Fruit+</p>	<p>30 BUTA DOFU (japanese pork & tofu) Steamed Zucchini Cucumber Wakame Sunomono (in vinegar) Fruit+</p>	<p>31 CHICKEN HEKKA* (braised chicken w mung bean sprout noodles) w BOK CHOY*+ Spring Mix w Tomatoes & Garbanzo Beans Fruit (Miso soup – dine in only)</p>	<p>1% low fat milk or Soymilk may be available upon request. Mixed-grain rice served unless indicated.</p>

Sodium



What is Sodium?

Sodium is a mineral and an essential nutrient. Table salt, which is commonly used in the kitchen, contains sodium. The words “sodium” and “salt” are used interchangeably.

Sodium and Your Health

While some sodium is needed by the body, too much sodium can be bad for your health. Eating a diet high in sodium can raise your risks of high blood pressure, stroke or heart disease.

How much Sodium do you need?

The Dietary Guidelines for Americans recommends adults limit sodium to **less than 2,300 milligrams** per day. For those with certain medical conditions, the recommendation may be lower.



***2,300 milligrams is equivalent to 1 teaspoon of table salt**

What food sources are high in sodium?

Foods that are highest in sodium include:

Prepackaged or commercially prepared foods such as chips, crackers, pretzels, breads, processed meats, soups, salad dressings, pizza, burgers, tacos, burritos, and more.

How can I lower my Sodium intake?

- Read and compare food labels. Try to choose food items that are labeled “low in sodium,” “sodium or salt free,” or “no added salt” on the package.
- Consume fresh fruits and vegetables
- Add flavor without using salt by replacing it with spices, herbs, garlic, or fresh lemon juice.
- Eat less processed meats and processed foods
- Drain and rinse canned vegetables, beans, and legumes.

Did You Know...



...In just one tablespoon of soy sauce it can contain upwards of 920 mg of sodium. However, if you switch to the “Less Sodium” option, one tablespoon is only 575 mg of sodium.

Information obtained from:
The Academy of Nutrition and Dietetics &
FDA.gov
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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.