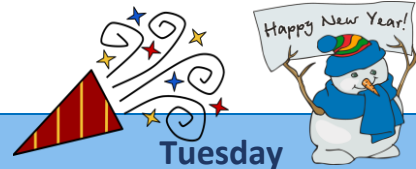

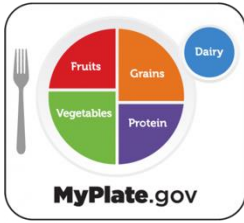


J-SEI JANUARY 2025 MENU

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



Monday	Tuesday	Wednesday	Thursday	Friday
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	1 HAPPY NEW YEAR J-SEI CLOSED	2 HAPPY NEW YEAR J-SEI CLOSED	3 HAPPY NEW YEAR J-SEI CLOSED
6 HERB ROASTED PORK Steamed Broccoli+ Cucumber & Wakame Sunomono Fruit	7 SALMON YAKI (grilled salmon) w STEAMED CAULIFLOWER+ Cabbage & Carrot Salad Fruit	8 TORI DANGO NABE* (tofu & ground chicken w napa cabbage) Spring Mix Salad w Garbanzo & Cucumbers Fruit +	9 SIMMERED DAIKON & KABOCHA W TOFU+* Cabbage & Carrot Salad* Fruit (Miso soup – dine in only)	10 NIKUJAGA w STEAMED BOK CHOY*+ Kinpira Gobo (braised burdock root & carrot salad) Fruit
13 BEEF & BROCCOLI+ Kinpira Gobo (braised burdock root & carrot salad) Fruit	14 GOMOKU MESH+* (five-ingredient mixed rice, chicken & veggies) w Carrots & Zucchini* Spring Mix w cucumbers & black beans Fruit	15 YASAI NABE +* (tofu & vegetable in broth) Edamame Cucumber Wakame Sunomono (in vinegar) Fruit	16 TEPPANYAKI (chicken & vegetables) + Kinpira Gobo (braised burdock root & carrot salad) Fruit (Miso soup – dine in only)	17 VEGETABLE CURRY UDON +* Hijiki (Asian Sea Vegetable) & Edamame Salad Fruit
20 MLK JR DAY  Extra Frozen delivered on the week of 1/13 J-SEI CLOSED	21 MISO SABA w STEAMED CAULIFLOWER+ Spinach Shira-ae (mashed tofu)*+ Fruit	22 CHICKEN HEKKA* (braised chicken w mung bean sprout noodles) Steamed Mustard Greens+* Kinpira Gobo (braised burdock root & carrot salad) Fruit	23 YASAI ZARU SOBA (cold buckwheat noodles with vegetables) Spring Mix w Cucumbers & Tomatoes Fruit + (Miso soup – dine in only)	24 CHIRASHI (sushi rice w scattered toppings) Edamame Spinach Shira-ae (mashed tofu)*+ Fruit
27 NIKU DANGO (beef meatballs) w COLLARD GREENS+* Cabbage & Carrot Salad* Fruit	28 CHICKEN CREAM STEW w BROCCOLI & PEAS+ Spring Mix Salad w Garbanzo & Cucumbers Fruit	29 PORK SHOGAYAKI (stir fried marinated pork) Steamed Cauliflower+ Spring Mix Salad w Carrot & Garbanzo* Fruit	30 BEEF & TOFU PATTY w/ MUSHROOM GRAVY Squash Hijiki & Edamame Salad Fruit + (Miso soup – dine in only)	31 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+



MyPlate for Older Adults

Eating a balanced diet and a plate full of colors is important for every age. As we grow older our nutrition needs change. **MyPlate** is a valuable tool that can help guide you toward making healthier food choices. Aiming to include the 5 food groups such as the ones you see on MyPlate, at each meal, helps to ensure variety and adequacy. This equates to a well-balanced diet that includes nutrient, vitamins, and minerals to promote overall well-being.

Here are some great tips from MyPlate:

1. Aim to fill ½ of your plate with fruits and vegetables.
2. Limit added sugars, saturated fat, and sodium.
3. Make eating a social event such as inviting a friend over for lunch or coming into J-Sei for on-site lunch. (See the J-Sei schedule for details)
4. Drink plenty of liquids such as water, coffee, milk and/or tea.
5. Enjoy eating the colors of the rainbow and choose a variety of different fruits and vegetables.
6. Don't forget Dairy for strong bones. Try to choose dairy milk or milk alternatives that are both calcium and vitamin D fortified because this is important for bone health.
7. Include lean protein and vegetable proteins such as seafood, chicken, beans, peas, and lentils to help maintain muscle mass.

MyPlate for Older Adults

2020-2025 Dietary Guidelines for Americans

Fruits & Vegetables

Whole fruits and vegetables are rich in essential nutrients and fiber. Choose a variety that are deeply colored. Take advantage of different forms — particularly fresh and frozen.

Healthy Oils

Plant oils provide essential fatty acids and fat soluble vitamins. Use them to replace animal fats generally found in meat and full-fat dairy products.

Herbs & Spices

Replace salt with herbs and spices to enhance flavor and reduce sodium. Look for herb and spice blends without added salt.



Fluids

Adequate fluid intake is necessary. Sources include water, unsweetened beverages and soups, as well as fruits and vegetables.

Grains

Enriched grains are good sources of B vitamins, and whole grains of fiber as well. At least ½ should be whole grains.

Dairy

Milk, yogurt, and cheese are sources of calcium and other nutrients. Choose fat-free and low-fat dairy products in place of reduced- and full-fat.

Protein

High protein foods are rich in amino acids. Choose a variety including beans, nuts/seeds, fish, poultry and, if desired, lean meat.



Engage in regular physical activity

Tufts
UNIVERSITY

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LEONIA
FELDMAN
NUTRITION
RESEARCH
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AGING

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