






Happy Valentines Day

# J-SEI FEBRUARY 2025 MENU

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



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3 SOBORO DONBURI</b> (beef, egg, & peas over rice) w <b>STEAMED CAULIFLOWER+</b> Cucumber & Wakame Sunomono Fruit	<b>4 PORK CURRY*+</b> (Japanese style curry with assorted fresh vegetables) Cabbage & Carrot Salad+* Fruit	<b>5 HERB MARINATED SALMON</b> Spring Mix Salad w/Carrot & Garbanzo Beans Steamed Broccoli+ Fruit	<b>6 MABO DOFU</b> (spicy tofu in meat-based sauce & peas) w <b>ZUCCHINI</b> Hijiki & Edamame salad Fruit <b>(Miso soup – dine in only)</b>	<b>7 YASAI NABE +*</b> (tofu & vegetable in broth) Edamame Spring Mix Salad w Black Beans & Tomatoes Fruit
<b>10 SWEET &amp; SOUR SNAPPER w VEGGIES+</b> <b>Carrot and Zucchini*</b> Spring Mix Salad w Edamame & Tomatoes Fruit	<b>11 CHICKEN, TOFU, &amp; SHIITAKE MUSHROOM</b> Butternut Squash* Cucumber Wakame Sunomono (in vinegar) Fruit	<b>12 TONJIRU (pork) w DAIKON*+</b> Carrots* Spring Mix Salad w Edamame & Tomatoes Fruit +	<b>13 NIKUJAGA w STEAMED BOK CHOY+*</b> Cucumber Wakame Sunomono (in vinegar) Fruit <b>(Miso soup – dine in only)</b>	<b>14 BUTA NABE*</b> (sliced pork, carrots, napa cabbage, & tofu in broth) Spring Mix w cucumbers & black beans Fruit+
<b>17</b>  <b>Extra frozen delivered on the week of 2/10</b> <b>J-SEI CLOSED</b>	<b>18 UNAGI (eel) &amp; TOFU DONBURI</b> (over rice) Steamed Broccoli+ Spinach Shira-ae Fruit	<b>19 ODEN w EGG &amp; VEGETABLES*</b> (winter hot pot w egg, daikon, konjac, fish cakes in a soy-based broth) Spring Mix Salad w carrots & garbanzo beans Fruit	<b>20 NIMONO (simmered vegetables) w CHICKEN &amp; EGG+</b> Steamed Bok Choy*+ Cucumber & Wakame Sunomono Fruit <b>(Miso soup – dine in only)</b>	<b>21 HAMBURGER STEAK w/ MUSTARD GREENS +*</b> Spring Mix w Cucumbers & Tomatoes Fruit
<b>24 GOMOKU MESH*</b> (five-ingredient mixed rice, chicken & veggies) Steamed Broccoli+ Fruit	<b>25 SIMMERED DAIKON &amp; KABOCHA W TOFU +*</b> Cabbage & Carrot Salad* Fruit	<b>26 BEEF &amp; BROCCOLI+</b> Kinpira Gobo (braised burdock root & carrot salad) Fruit+	<b>27 CHIRASHI</b> (sushi rice w scattered toppings) Edamame Spinach Shira-ae (mashed tofu)*, Fruit+ <b>(Miso soup – dine in only)</b>	<b>28 TORI DANGO NABE*</b> (tofu & ground chicken w napa cabbage) < > Cabbage & Carrot Salad+* Fruit
1% Low fat milk or Soymilk available upon request	Menu subject to change Mixed-grain rice served unless indicated	Vitamin +C source, Vitamin *A source, **>indicates +1000mg sodium		

# IRON

## What is Iron?

Iron is an essential mineral that has a very important role in the body. One of Iron's main roles is to carry oxygen throughout the body. Iron exists in two forms: heme (dietary source is animal based) and non heme iron (dietary source is plant based).

## What benefits does Iron provide?

Aside from carrying oxygen throughout the body, iron is also known for its roles in helping to make amino acids, collagen, hormones, and neurotransmitters.

## What are good sources of Iron?

Some excellent but maybe usual sources include: clams, beef liver and parsley.

Other sources include: Beef, legumes (beans), spinach, asparagus, tofu, chicken, sardines, tuna, Iron fortified breakfast cereals, and more.

In general, protein foods (that are red and brown) and some green vegetables make the greatest contributions of Iron in the diet.

## How much Iron is recommended for those over 50 years old?

Women and Men who are 50+ years old should aim for 8 milligrams/day.

## How much Iron is in common foods?

½ cup cook pinto beans = 2 milligrams

3 oz of ground beef = 2 milligrams

½ cup white beans = 4 milligrams

½ cup firm tofu = 3 milligrams

½ cup boiled and drained spinach = 3 milligrams



## Did you know...?

When combined, vitamin C food sources can increase the absorption of vegetarian sources of Iron. For example, serve steamed spinach (source of vegetarian Iron) with fresh lemon juice (source of vitamin C) squeezed on top.

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