


J-SEI APRIL 2025 MENU

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Mixed-grain rice served unless indicated. 1% low fat milk or Almond milk may be available upon request.</p>	<p>1 SALMON YAKI (grilled salmon) Steamed Cauliflower+ Cucumber Wakame Sunomono Fruit</p>	<p>2 CHICKEN HEKKA* (braised chicken w mung bean sprout noodles) w Mustard Greens* Spring Mix w Cucumbers & Tomatoes Fruit +</p>	<p>3 YASAI NABE +* (tofu & vegetable in broth) Edamame Kinpira Gobo (braised burdock root & carrot salad) Fruit (Miso soup – dine in only)</p>	<p>4 HIYASHI CHUKA (cold Chinese style noodles) w EGG Tofu Salad w Tomato, Carrots, Cucumber & Edamame +* Spring Mix Salad w Tomato & Black Beans Fruit</p>
<p>7 NIMONO (simmered vegetables) w CHICKEN & EGG+ Cucumber Wakame Sunomono (in vinegar) Fruit</p>	<p>8 PORK CURRY*+ (Japanese style curry with assorted fresh vegetables) Cabbage & Carrot Salad* Fruit+</p>	<p>9 VEGETABLE CURRY UDON +* w TOFU Hijiki & Edamame Salad Fruit+</p>	<p>10 HERB ROASTED PORK Bok Choy +* Cabbage & Carrot Salad* Fruit (Miso soup – dine in only)</p>	<p>11 BAKED MISO SNAPPER w BROCCOLI + Spring Mix Salad with Cucumbers & Tomatoes Fruit</p>
<p>14 BUTA NABE +* (sliced pork, carrots, napa cabbage, & tofu in broth) Cabbage & Carrot Salad* Fruit</p>	<p>15 TEPPANYAKI *+ (chicken & vegetables) + Hijiki & Edamame Salad Fruit</p>	<p>16 CHIRASHI (sushi rice w scattered toppings) Edamame Spinach Shira-ae (mashed tofu)*+ Fruit</p>	<p>17 TSUKIMI UDON (udon noodles w egg, kamaboko, age, spinach) Edamame Kinpira Gobo (braised burdock root & carrot salad), Fruit+ < ></p>	<p>18 HAMBURGER STEAK w/ CAULIFLOWER+ Cucumber Wakame Sunomono (in vinegar) Fruit</p>
<p>21 SOBORO DONBURI (beef, egg, & peas over rice) w STEAMED BROCCOLI + Cucumber Wakame Sunomono (in vinegar) Fruit</p>	<p>22 TORI DANGO NABE* (tofu & ground chicken w napa cabbage) Cabbage & Carrot Salad +* Fruit</p>	<p>23 TONJIRU (pork) w DAIKON* Carrots* Spring Mix Salad w Edamame & Tomatoes Fruit</p>	<p>24 NIKU DANGO (beef meatballs) w COLLARD GREENS * Romaine Salad w carrots & garbanzo beans Fruit + < > (Miso soup – dine in only)</p>	<p>25 TOFU & EGGPLANT DENGAKU (miso glaze) Cabbage Carrot Salad* Fruit</p>
<p>28 GOMOKU MESHI*+ (five-ingredient mixed rice, chicken & veggies) Carrots & Zucchini* Spring Mix Salad w Cucumbers & Black Beans Fruit</p>	<p>29 UNAGI (eel) & TOFU DONBURI (over rice) Steamed Broccoli + Spinach Shira-ae (mashed Tofu)+*, Fruit</p>	<p>30 AGEBITASHI+ (roasted vegetables and tofu in dashi) with rice noodles Cabbage Carrot Salad* Fruit</p>	<p>Vitamin +C source, Vitamin *A source, **> indicates +1000mg sodium</p>	

Protein for Older Adults

As we age, our bodies need extra help to stay strong and healthy. Protein is a nutrient that helps to support our immune system, muscles, and provides us with energy. Adequate protein is key to preserving lean muscle and the prevention of age related declines in health.

How Much Protein is Recommended?

As a senior, it is a good idea to aim for at least 1-2 servings of protein foods per meal. This might look like (for the whole day):

- 2-3 ounces of meat, poultry, or fish
- 1/4 cup of beans or edamame
- 2 eggs
- 2 oz of tofu
- 1 cup of soy milk



Great Sources of Protein:

- Lean meats: chicken, turkey, and fish
- Low Fat Dairy: Greek yogurt, milk, and cheese
- Eggs
- Bean, Lentils, and Legumes
- Nuts, Seeds, and Nut Butters
- Whole grains
- Tofu
- Edamame



J-SEI Meals:

Just by enjoying a J-Sei meal, you are consuming a minimum of 2-3 ounces of Protein in your entrée alone!

Information obtained from:
The Academy of Nutrition and Dietetics
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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