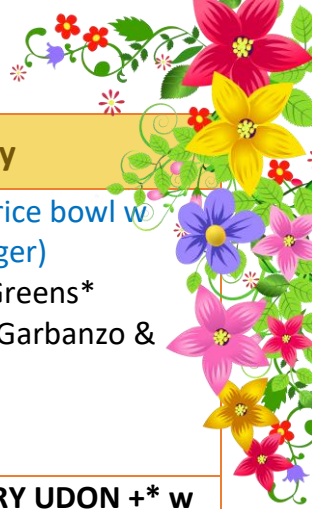


J-SEI MAY 2025 MENU



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



Monday	Tuesday	Wednesday	Thursday	Friday
1% low fat milk or Almond milk may be available upon request.	Vitamin +C source, Vitamin *A source, **> indicates +1000mg sodium ++ > indicates fish meal	Mixed-grain rice served unless indicated.	1 PORK CURRY*+ (Japanese style curry with assorted fresh vegetables) Spring Mix Salad w Garbanzo & Cucumber Green Grapes (Miso Soup – dine in only)	2 GYUDON (beef rice bowl w onion & pickled ginger) Steamed Mustard Greens* Spring Mix Salad w Garbanzo & Cucumbers Oranges +
5 PORK SHOGAYAKI (ginger pork) Bok Choy +* Hijiki (Asian Sea Vegetable) & Edamame Oranges +	6 TOFU & EGGPLANT DENGAKU (miso glaze) Spinach Shira-ae (mashed tofu)* Oranges +	8 CHICKEN & KABOCHA (winter squash)* Spring Mix Salad w Tomato & Black Beans Fruit+	8 BAKED SALMON w LEMON w STEAMED BROCCOLI+ Hijiki (Asian Sea Vegetable) & Renkon (Lotus Root) Salad Apples (Miso Soup – dine in only)	9 VEGETABLE CURRY UDON +* w TOFU Broccoli, carrots, potatoes, shiitake mushrooms Kinpira Gobo (braised burdock root & carrot salad), Apples
12 CHICKEN, TOFU, & SHIITAKE MUSHROOM Butternut Squash* Cucumber Wakame Sunomono (in vinegar) Oranges +	13 SABA YAKI (Grilled Mackerel) Steamed Broccoli + Kinpira Gobo (braised burdock root & carrot salad) Green Grapes	14 MABO DOFU (spicy tofu in meat-based sauce & peas)w STEAMED CAULIFLOWER + Cabbage & Carrot Salad +* Apples	15 CHIRASHI (sushi rice w scattered toppings) Edamame Spinach Shira-ae (mashed tofu)*+ Green Grapes (Miso Soup – dine in only)	16 BUTA DOFU (sliced pork with tofu) Steamed Broccoli + Spring Mix Salad w Garbanzo & Cucumber Straw/Blueberries +
19 SIMMERED DAIKON & KABOCHA w TOFU +* Spinach Shira-ae (mashed Tofu)+* Apples	20 BAKED LEMON HERB CHICKEN w BUTTERNUT SQUASH* Spring Mix w Tomatoes & Black Beans Oranges +	21 TONJIRU (pork) w DAIKON* Carrots* Edamame Oranges +	22 AGEBITASHI + (roasted vegetables and tofu in dashi) with somen noodles Hijiki & Edamame Salad Apples (Miso Soup – dine in only)	23 TORI DANGO NABE* (tofu & ground chicken w napa cabbage) Kinpira Gobo (braised burdock root & carrot salad) Oranges+
26 MEMORIAL DAY *Frozen meal for 5/26 to be delivered on the week of 5/19 to 5/23 J-SEI CLOSED	27 HERB ROASTED PORK Broccoli + Spring Mix Salad w Garbanzo & Cucumber Green Grapes	28 TEPPANYAKI (chicken & eggplant, bell pepper, broccoli, kabocha) + Kinpira Gobo (braised burdock root & carrot salad) Green Grapes	29 BEEF & TOFU PATTY w MUSHROOM GRAVY Zucchini Edamame Oranges + (Miso Soup – dine in only)	30 HIYASHI CHUKA (cold Chinese style noodles) w EGG Tofu Salad w Tomato, Carrots, Cucumber & Edamame+* Cucumber Wakame Sunomono (in vinegar) Apples

Staying Hydrated



There are times where nothing satisfies thirst better than a cold glass of water. During the hot summer months, you might be more focused on drinking enough to avoid dehydration, and that's important! But, staying hydrated is essential for your health all year long, not just when it's warm outside.

How Much Water Do Seniors Need?

As we get older, our bodies don't tell us we're thirsty as much, so we need to be extra mindful of drinking enough. The National Academy of Medicine suggests an adequate intake of daily fluids of about **13 cups for men and 9 cups for women** aged 51 and older. However, how much water you need can change depending on your health, age, and how active you are.



Water is Best!

Water is the one of the best drinks for staying hydrated. It's calorie free, plays important roles in the body, and keeps you feeling your best.

Other Ways to Hydrate

Sometimes water can get boring, don't worry there are other ways to meet your fluid needs.

- Tea, coffee, and juice (low or no added sugar options preferred)
- Foods that contain high water content such as watermelon, lettuce, zucchini, strawberries, cucumbers, apples, and more. All of which add to your fluid needs.
- Soups (low sodium options) are a great way to add in fluids such as enjoying a bowl of miso soup.
- Smoothies are a great way to pack in fruits, water, and milk.



Information obtained from:
Eatright.org, CDC, & National Council on Aging
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.

