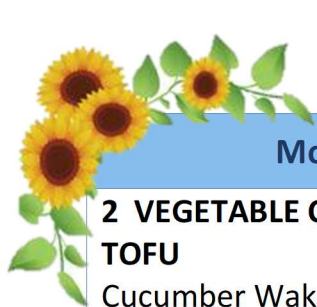


<div>   <div>J-SEI JUNE 2025 MENU</div>  <div> Suggested Contribution  Aged 60+: \$5   Under 60: \$8 </div>  </div>				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>2 VEGETABLE CURRY UDON+* w TOFU</b> Cucumber Wakame Sunomono Apples	<b>3 CHICKEN TERIYAKI w BAKED BUTTERNUT SQUASH*+</b> Renkon Hijiki Salad Grapes ** >	<b>4 TONJIRU (pork miso soup) w DAIKON</b> Carrots* Spring Mix Salad w Edamame & Tomatoes Oranges +	<b>5 HERB MARINATED SALMON w CAULIFLOWER+</b> Cabbage & Carrot Salad * Apples  <b>(Miso soup – dine in only)</b>	<b>6 GYUDON (beef rice bowl w onion &amp; pickled ginger)</b> Steamed Mustard Greens* Spring Mix w garbanzo & cucumbers Oranges +
<b>9 CHICKEN HEKKA* (braised chicken w somen noodles) w STEAMED BOK CHOY+*</b> Spring Mix w Garbanzo & Cucumbers Apples	<b>10 MABO DOFU (spicy tofu in meat-based sauce &amp; peas) w STEAMED BROCCOLI+</b> Cabbage & Carrot Salad* Orange+	<b>11 CHICKEN, TOFU, &amp; SHIITAKE MUSHROOM</b> Butternut Squash* Cucumber Wakame Sunomono Berries+	<b>12 HAMBURGER STEAK w/ MUSTARD GREENS*</b> Spring Mix Salad w Carrot & Garbanzo* Orange + ** > <b>(Miso soup – dine in only)</b>	<b>13 HIYASHI SOMEN+ (cold thin noodles) w EGG</b> Tofu Salad w Tomato, Carrots, Cucumber & Edamame+* Cabbage & Carrot Salad* Grapes
<b>16 PORK SHOGAYAKI (stir fried marinated pork)</b> Steamed Cauliflower+ Cabbage & Carrot Salad * Oranges+	<b>17 SWEET &amp; SOUR SNAPPER w CARROT AND ZUCCHINI+*</b> Cucumber Wakame Sunomono Apples	<b>18 YASAI ZARU SOBA (cold buckwheat noodles with vegetables)</b> Edamame Oranges+	<b>19 TORI DANGO NABE (tofu &amp; ground chicken w napa cabbage)</b> Spring Mix w garbanzo & cucumbers Berries+ ** > <b>(Miso soup – dine in only)</b>	<b>20 UNAGI (eel) &amp; TOFU DONBURI (over rice)</b> Steamed Broccoli + Spinach Shira-ae (mashed Tofu)+* Apples
<b>23 HIYASHI CHUKA (cold Chinese style noodles) w EGG</b> Tofu Salad w Tomato, Carrots, Cucumber & Edamame +* Spring Mix Salad w Garbanzo & cucumber Apples	<b>24 GOMOKU MESHI*+ (five-ingredient mixed rice, chicken &amp; veggies)</b> Broccoli+ Edamame Oranges+	<b>25 JAPANESE-STYLE SPAGHETTI &amp; MEATBALLS w VEGETABLES*+</b> Kinpira Gobo (braised burdock root & carrot salad) Grapes	<b>26 MISO SABA w/ Baked Yams*</b> Spring Mix Salad w Edamame & Tomatoes Oranges+ <b>(Miso soup – dine in only)</b>	<b>27 CHIRASHI (sushi rice w scattered toppings)</b> Edamame Spinach Shira-ae (mashed tofu)*+ Berries+
<b>30 SALMON YAKI (grilled salmon)</b> Steamed Cauliflower + Cucumber Wakame Sunomono Apples	Soy Milk or 1% Low Fat Milk served with each meal.	Mixed-grain rice served unless indicated.	1 cup frozen vegetable blend & 1 fresh fruit or fruit cup included with each frozen meal*	Vitamin +C source, Vitamin *A source, **> indicates +1000mg sodium

# Summer Produce



One of the joys of summer time is that the produce is bursting with colors, variety, and full of flavors. Summer produce can also help you stay cool, hydrated, and healthy during the warm summer weather.

## Eating fruits and vegetables that are in season means they are:

- Fresh
- Nutritious
- Affordable
- Better for the environment



## Why Does Color Matter?

Colorful fruits and vegetables give your body a variety of vitamins, minerals, and antioxidants.

Each color supports health in a different way and eating a variety of colors is best!

## Health Benefits of Summer Produce:

**Fiber:** Supports digestion, heart health, and a healthy weight.

**Antioxidants:** Help protect your body from free radical damage.

**Water Content:** Many summer produce options have high water content which helps keep you cool and hydrated.

## A Few Popular Japanese Summer Produce to Include into Your Meals:

**Eggplant** - Try sauteing or grilling eggplant to add to your meals.

**Goya Melon** - Stir fry with tofu and other vegetables.

**Cucumber** - Add to any salad or add to flavor your water.

**Okra** - Boil then chill okra to make a cold okra salad.

Information obtained by:  
[EatRight.Org](http://EatRight.Org) & [USDA.Gov](http://USDA.Gov)

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Disclaimer: This article is for informational purposes only and is not intended for medical advice or diagnosis from a physician.