



J-SEI MARCH 2026 MENU



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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 ODEN w EGG & VEGETABLES (winter hot pot w egg, daikon, konjac, fish cakes in a soy-based broth) Cabbage & Carrot Salad Grapes</p>	<p>3 YOSENABE w CLEAR NOODLES+* (Japanese Hot Pot w napa cabbage & daikon) w CHICKEN, FISH, TOFU Kinpira Gobo (braised burdock root & carrot salad) Orange+, WW Cracker</p>	<p>4 TEPPANYAKI (chicken & eggplant, bell pepper, broccoli, kabocha) Spring Mix Salad w Kidney Beans & Tomatoes Apple</p>	<p>5 VEGETABLE CURRY UDON w TOFU, CARROTS, POTATOES, BROCCOLI, MUSHROOMS Hijiki (Asian Sea Vegetable) & Edamame Salad Orange+ WW Cracker</p>	<p>6 JAPANESE-STYLE SPAGHETTI & MEATBALLS w CARROTS, ZUCCHINI, MUSHROOMS Cabbage & Carrot Salad+* Fruit +</p>
<p>9 CHICKEN, TOFU, & SHIITAKE MUSHROOM Butternut Squash Cucumber & Wakame (seaweed) Sunomono (in vinegar), Mixed Berries+</p>	<p>10 GYUNIKU TO YASAI (simmered beef) w BROCCOLI & CARROTS Spring Mix Salad w Garbanzo & Cucumber Apple</p>	<p>11 BUTA DOFU (sliced pork & tofu) Carrots & Zucchini Cucumber & Wakame (seaweed) Sunomono (in vinegar), Orange+</p>	<p>12 BAKED SALMON w DILL CREAM SAUCE Baked Yams* Kinpira Gobo (braised burdock root & carrot salad), Berries (Miso soup – dine in only)</p>	<p>13 CHIRASHI (sushi rice w scattered toppings) Edamame Spinach Shira-ae (mashed tofu) Orange+</p>
<p>16 PORK SHOGAYAKI (ginger pork) Steamed Bok Choy *+ Spring Mix Salad w Garbanzo & Carrots Orange+</p>	<p>17 TORI DANGO NABE* (chicken meatballs) w TOFU Daikon & Carrot Salad Blueberries and Strawberries+</p>	<p>18 BEEF & TOFU PATTY w MUSHROOM GRAVY Steamed Broccoli+ Spring Mix Salad w Cucumber & Tomatoes Apple</p>	<p>19 BUTA NABE* (sliced pork, carrots, napa cabbage, & tofu in broth), Cucumber & Wakame (seaweed) Sunomono (in vinegar), Orange+ (Miso soup – dine in only)</p>	<p>20 UNAGI (eel) & TOFU DONBURI (over rice) Steamed Broccoli+ Hijiki (Asian Sea Vegetable) & Edamame Salad Grapes</p>
<p>23 NIMONO (simmered vegetables) w CHICKEN, EGG, CARROTS & BOK CHOY Cabbage & Carrot Salad Apple</p>	<p>24 NIKU DANGO (beef meatballs) Collard Greens Spring Mix Salad w Garbanzo & Cucumber Orange+</p>	<p>25 BAKED LEMON HERB CHICKEN Butternut Squash Cabbage & Carrot Salad Grapes</p>	<p>26 MISO SABA (mackerel) Steamed Cauliflower+ Spring Mix Salad w Edamame & Tomatoes Orange+ (Miso soup – dine in only)</p>	<p>27 TONJIRU (pork) w DAIKON, POTATOES, KONJAC (yam jelly), AGE TOFU Carrots*, Cucumber & Wakame (seaweed) Sunomono (in vinegar), Grapes</p>
<p>30 YASAI ZARU SOBA (cold buckwheat noodles with vegetables) Spring Mix w Cucumbers & Tomatoes, Orange+</p>	<p>31 SALMON YAKI (grilled salmon) Steamed Cauliflower Cucumber & Wakame (seaweed) Sunomono (in vinegar), Apple</p>	<p>Mixed-grain rice served unless indicated. *1 cup frozen vegetable blend & 1 fresh fruit or fruit cup included with each frozen meal</p>	<p>Vitamin +C source, Vitamin *A source, **> indicates +1000mg sodium 1% low fat milk or Soymilk maybe available upon request.</p>	

National Nutrition Month® is an annual campaign established by the Academy of Nutrition and Dietetics that occurs during the month of March. This year's theme is "Discover the Power of Nutrition." Nutrition has the power to help individuals and communities thrive. Discover how food and beverage choices can help power your day. Please enjoy this nutrition word search! It's a fun way to explore healthy food words and keep your mind active.

eat right. Academy of Nutrition and Dietetics



Discover the Power of Nutrition

Words may be horizontal, vertical, diagonal, or backwards

Apples	N	S	L	I	T	N	E	L	O	T	B	A	D
Bok Choy	D	E	N	H	O	R	G	A	S	I	H	L	R
Carrot	M	H	O	R	N	E	D	M	E	L	O	N	Y
Cornmeal	O	U	D	O	L	S	Q	U	R	A	A	P	L
Horned Melon	T	R	Y	P	S	U	J	S	R	P	L	R	P
Jackfruit	L	E	T	H	O	F	R	H	Y	I	L	D	E
Lentils	T	D	R	K	I	R	A	R	C	A	I	C	A
Milk	O	C	U	T	L	C	K	O	P	C	T	A	H
Mushrooms	P	A	H	C	A	T	T	O	C	I	R	D	O
Pistachios	T	B	O	M	Q	E	A	M	L	S	O	E	J
Pork	T	B	C	N	U	O	O	S	A	P	T	N	A
Quinoa	C	A	R	R	O	T	P	I	B	B	H	O	C
Red Cabbage	M	G	C	Y	R	S	A	F	R	A	E	N	K
Ricotta	L	E	U	K	Q	O	M	E	U	T	M	L	F
Tilapia	G	L	R	O	N	B	K	R	N	O	I	C	R
Tortilla	R	E	F	I	J	A	C	A	G	M	L	Y	U
	L	E	U	L	A	P	P	L	E	S	T	O	I
	I	Q	N	F	I	E	I	M	L	F	R	H	T
	A	L	A	E	M	N	R	O	C	Y	O	C	Q
	B	M	I	S	A	O	G	I	R	A	C	K	A
	N	R	L	P	Y	S	E	T	L	L	B	O	T
	P	I	S	T	A	C	H	I	O	S	J	B	I
	S	F	L	E	W	U	G	M	Y	N	D	E	L

