

# J-SEI APRIL 2026 MENU

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Mixed-grain rice served unless indicated.</p> <p>*1 cup frozen vegetable blend &amp; 1 fresh fruit or fruit cup included with each frozen meal.</p>	<p>Vitamin +C source,                      Vitamin *A source,                      &lt; &gt; indicates +1000mg sodium                      1% low fat milk or Soy milk available upon request.</p>	<p><b>1 YASAI NABE</b> (tofu, carrots, daikon, napa cabbage &amp; shitake, in broth) +*                      Edamame                      Kinpira Gobo (braised burdock root &amp; carrot salad)                      Grapes</p>	<p><b>2 CHICKEN HEKKA*</b> (braised chicken w mung bean sprout noodles) w <b>CARROT, SHIITAKE</b>                      Steamed Mustard Greens*                      Cabbage &amp; Carrot Salad*                      Orange+, WW Cracker  <b>(Miso soup – dine in only)</b></p>	<p><b>3 HERB ROASTED PORK</b>                      Steamed Bok Choy *+                      Spring Mix Salad w Kidney Beans &amp; Carrots                      Apple</p>
<p><b>6 BUTA NABE+*</b> (sliced pork, carrots, napa cabbage &amp; tofu in broth)                      Cabbage &amp; Carrot Salad*                      Orange+</p>	<p><b>7 TEPPANYAKI+</b> (chicken &amp; eggplant, bell pepper, broccoli, kabocha)                      Kinpira Gobo (braised burdock root &amp; carrot salad)                      Blueberries &amp; Strawberries+</p>	<p><b>8 VEGETABLE CURRY UDON w TOFU, CARROTS, POTATOES, BROCCOLI, MUSHROOMS +*</b>                      Hijiki (Asian Sea Vegetable) &amp; Edamame Salad                      Orange+                      Whole Wheat Cracker</p>	<p><b>9 BAKED MISO SNAPPER</b>                      Steamed Zucchini                      Cabbage &amp; Carrot Salad*                      Blueberries &amp; Strawberries+  <b>(Miso soup – dine in only)</b></p>	<p><b>10 HIYASHI CHUKA</b> (cold Chinese style noodles) w <b>EGG &lt; &gt;</b>                      Tofu Salad w Tomato, Carrots, Cucumber &amp; Edamame*+                      Spring Mix Salad w Cucumber &amp; Black Beans                      Apple, Whole Wheat Cracker</p>
<p><b>13 NIMONO+</b> (simmered vegetables) w <b>CHICKEN, EGG, CARROTS &amp; BOK CHOY</b>                      Spring Mix Salad w Edamame &amp; Tomatoes, Orange+</p>	<p><b>14 PORK CURRY+*</b> (Japanese style curry) w <b>POTATOES, CARROTS, ONIONS</b>                      Cucumber &amp; Wakame (seaweed)                      Sunomono (in vinegar), Apple</p>	<p><b>15 CHIRASHI</b> (sushi rice w scattered toppings)                      Edamame                      Spinach Shira-ae (mashed tofu)*+, Grapes</p>	<p><b>16 TOFU &amp; EGGPLANT DENGAKU</b> (miso glaze)                      Kinpira Gobo (braised burdock root &amp; carrot salad), Orange+  <b>(Miso soup – dine in only)</b></p>	<p><b>17 HAMBURGER STEAK</b>                      Steamed Cauliflower+                      Cucumber &amp; Wakame (seaweed)                      Sunomono (in vinegar)                      Apple</p>
<p><b>20 SOBORO DONBURI</b> (ground beef, egg, &amp; peas over rice)                      Steamed Broccoli+                      Cucumber &amp; Wakame (seaweed)                      Sunomono (in vinegar)                      Apple</p>	<p><b>21 TSUKIMI UDON</b> (noodles w egg, kamaboko, age, spinach)                      Edamame                      Cabbage &amp; Carrot Salad*                      Orange+                      Whole Wheat Cracker</p>	<p><b>22 TORI DANGO NABE*</b> (chicken meatballs) w <b>TOFU</b>                      Napa Cabbage+                      Cucumber &amp; Wakame (seaweed)                      Sunomono (in vinegar)                      Blueberries and Strawberries+</p>	<p><b>23 TONJIRU</b> (pork miso soup) w <b>DAIKON, POTATOES, KONJAC (yam jelly), AGE TOFU+*</b>                      Carrots*                      Spring Mix Salad w Cucumber &amp; Tomatoes, Orange+</p>	<p><b>24 NIKU DANGO</b> (beef meatballs)                      Collard Greens*+                      Romaine Salad w Carrots &amp; Garbanzo                      Apple</p>
<p><b>27 GOMOKU MESHU</b> (five-ingredient mixed rice) w <b>CHICKEN, LOTUS ROOT, BURDOCK, TARO+*</b>                      Carrots &amp; Zucchini*, Cucumber &amp; Wakame (seaweed) Sunomono (in vinegar), Orange+</p>	<p><b>28 UNAGI (eel) &amp; TOFU DONBURI</b> (over rice)                      Steamed Broccoli+                      Spring Mix Salad w Edamame &amp; Cucumber                      Apple</p>	<p><b>29 AGEBITASHI+</b> (roasted vegetable in dashi wth somen noodles) w <b>EGGPLANT, BELL PEPPER, SQUASH, TOFU +</b>                      Cabbage &amp; Carrot Salad*                      Grapes                      Whole Wheat Cracker</p>	<p><b>30 PORK SHOGAYAKI</b> (ginger pork)                      Steamed Bok Choy *+                      Kinpira Gobo (braised burdock root &amp; carrot salad), Orange+  <b>(Miso Soup – dine in only)</b></p>	

As the weather warms up, many Spring fruits and vegetables become available. Eating produce in season offers many benefits such as freshness, high nutrient content, reduced environmental impact, and can be more cost effective.

## What Fruits and Vegetables are in Season in the Bay Area?



Bamboo shoots  
Asparagus  
Napa cabbage  
Carrots  
Cauliflower  
Avocado  
Snow peas  
Kale

Strawberries  
Blackberries  
Blueberries  
Cherries  
Grapefruit  
Kumquat  
Lemon  
Oranges



## Recipe Highlight

### Asparagus with Miso Dressing

#### Ingredients:

- 12 asparagus spears

#### Dressing:

- 1 Tbsp white miso
- ½ Tbsp sugar
- ½ Tbsp rice vinegar
- Tiny pinch of Japanese karashi hot mustard

#### Directions:

1. Chop asparagus and boil for 2-3 minutes.
2. Cool in an ice bath and drain.
3. Mix remaining ingredients and drizzle dressing over asparagus.

Information obtained from: [SFEnvironment.org](http://SFEnvironment.org) and [JustOneCookbook.com](http://JustOneCookbook.com)  
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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.