



J-SEI JUNE 2026 MENU



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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 CHICKEN HEKKA* (braised chicken with mung bean noodles) w CARROT, SHIITAKE Steamed Bok Choy *+ Cabbage & Carrot Salad*, Apple Whole Wheat Crackers</p>	<p>2 YASAI NABE (tofu, carrots, daikon, napa cabbage & shitake, in broth)* Hijiki (Asian Sea Vegetable) & Edamame Salad Orange+</p>	<p>3 MABO DOFU (spicy tofu in meat-based sauce & peas) Steamed Broccoli+ Romaine Salad w Kidney Beans & Carrots Apple</p>	<p>4 HERB MARINATED SALMON Steamed Cauliflower+ Cabbage & Carrot Salad * Canteloupe+ (Miso soup – dine in only)</p>	<p>5 GYUDON (beef rice bowl w onion & pickled ginger) Steamed Mustard Greens* Cucumber & Wakame (seaweed) Sunomono (in vinegar) Orange+</p>
<p>8 CHICKEN TERIYAKI Steamed Bok Choy * Spring Mix Salad w Garbanzo & Cucumber Orange+</p>	<p>9 HAMBURGER STEAK Peas & Carrots* Cucumber & Wakame (seaweed) Sunomono (in vinegar) Blueberries and Strawberries+</p>	<p>10 CHICKEN, TOFU, & SHIITAKE MUSHROOM Butternut Squash +* Cabbage & Carrot Salad* Orange+</p>	<p>11 PORK CURRY (Japanese style curry) w POTATOES, CARROTS, ONIONS+* Daikon & Carrot Salad+* Apple (Miso soup – dine in only)</p>	<p>12 HIYASHI SOMEN+ (cold thin noodles) w EGG Tofu Salad w Tomato, Carrots, Cucumber & Edamame*+ Hijiki (Asian Sea Vegetable) & Edamame Salad, Grapes Whole Wheat Crackers</p>
<p>15 HERB ROASTED PORK Yellow Squash Spring Mix Salad w Black Beans & Tomatoes Orange+</p>	<p>16 NIMONO (simmered vegetables) w CHICKEN, EGG, CARROTS & BOK CHOY+ Cucumber & Wakame (seaweed) Sunomono (in vinegar) Apple</p>	<p>17 AGEBITASHI (roasted vegetable in dashi wth somen noodles) w EGGPLANT, BELL PEPPER, SQUASH, TOFU+* Hijiki (Asian Sea Vegetable) & Edamame Salad, Canteloupe+ Whole Wheat Crackers</p>	<p>18 UNAGI (eel) & TOFU DONBURI (over rice) < > Steamed Broccoli+ Kinpira Gobo (braised burdock root & carrot salad) Pluot (Miso soup – dine in only)</p>	<p>19 TORI DANGO NABE (chicken meatballs) w TOFU & NAPA CABBAGE* Spring Mix w Edamame & Carrots* Orange+</p>
<p>22 HIYASHI CHUKA (cold Chinese style noodles) w EGG Tofu Salad w Tomato, Carrots, Cucumber & Edamame*+ Romaine Salad w Carrots & Kidney Beans; Apple; WW Crackers</p>	<p>23 CHIRASHI (sushi rice w scattered toppings) Edamame Spinach Shira-ae (mashed tofu)*+ Grapes</p>	<p>24 CHICKEN MISOYAKI (miso marinade) Mustard Greens* Cucumber & Wakame (seaweed) Sunomono (in vinegar) Orange+</p>	<p>25 JAPANESE-STYLE SPAGHETTI & MEATBALLS w CARROTS, ZUCCHINI, MUSHROOMS+* < > Spring Mix Salad w Garbanzo & Cucumber, Apple (Miso soup – dine in only)</p>	<p>26 GOMOKU MESHI (five-ingredient mixed rice) w CHICKEN, LOTUS ROOT, BURDOCK, TARO+* Steamed Mustard Greens* Cabbage & Carrot Salad* Blueberries and Strawberries+</p>
<p>29 SOBORO DONBURI (ground beef, egg, & peas over rice) Steamed Broccoli+ Spring Mix Salad w Kidney Beans & Cucumbers Pluot</p>	<p>30 SANSAI UDON (noodles & mountain vegetables) w EGG, SPINACH, TARO, CARROTS* Edamame Kinpira Gobo (braised burdock root & carrot salad), Orange+ Whole Wheat Crackers</p>	<p>1% low fat milk or Soymilk available upon request. 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 Mixed-grain rice served unless indicated.</p>	

PLANT-BASED PROTEIN J V S E I

Protein is often associated with meat, but plants can also be an excellent source of protein. Plant-based proteins are nutritious, affordable, and can be a good choice for everyday meals.

What is Plant-Based Protein?

Plant-based protein includes foods that are relatively high in protein, but come from plants, rather than animal sources. A serving of plant-based protein could look like:

- ½ cup of edamame, beans, lentils, or peas
- ½ cup of tofu or tempeh
- 1 cup of soy milk
- ¼ cup, or 1 oz, of nuts or seeds
- 2 tbs of nut or seed butter
- 3 oz of a plant-based meat alternative



Benefits of Plant Protein

A diet rich in plant-based sources of protein:

- Tends to be high in fiber, vitamins, and minerals
- Can lower one's risk of cardiovascular disease
- Helps reduce greenhouse gas emissions when compared to animal-based protein



Easy Ways to Add Plant Protein:

- Add tofu to soups or noodle dishes
- Replace water in oatmeal with soy milk
- Enjoy natto with rice for breakfast
- Replace the animal protein in recipes with plant protein, such as lentils, edamame, beans, or tofu.

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.