





J-SEI MAY 2026 MENU



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



Monday	Tuesday	Wednesday	Thursday	Friday
	Vitamin +C source, Vitamin *A source, < > indicates +1000mg sodium	Mixed-grain rice served unless indicated. *1 cup frozen vegetable blend & 1 fresh fruit or fruit cup included with each frozen meal.	1% low fat milk or Soy milk may be available upon request.	1 GYUDON (beef rice bowl w/ onion & pickled ginger) Steamed Mustard Greens* Cucumber & Wakame (seaweed) Sunomono (in vinegar) Blueberries and Strawberries+
4 BUTA DOFU (sliced pork & tofu) Steamed Bok Choy *+ Cabbage & Carrot Salad* Blueberries and Strawberries+	5 VEGETABLE CURRY UDON w TOFU, CARROTS, POTATOES, BROCCOLI, MUSHROOMS+* Kinpira Gobo (braised burdock root & carrot salad) Apple, Whole Wheat Cracker	6 CHICKEN & KABOCHA * (winter squash) Spring Mix Salad w Black Beans & Tomatoes Orange+	7 BAKED SALMON w LEMON Steamed Broccoli+ Hijiki (Asian Sea Vegetable) & Edamame Salad Grapes (Miso Soup – dine in only)	8 TOFU & EGGPLANT DENGAKU (miso glaze) Spinach Shira-ae (mashed tofu)*+ Orange+
11 CHICKEN, TOFU, & SHIITAKE MUSHROOM Baked Yams* Cucumber & Wakame (seaweed) Sunomono (in vinegar) Orange+	12 SABA YAKI (grilled mackerel) Steamed Broccoli + Kinpira Gobo (braised burdock root & carrot salad) Apple	13 MABO DOFU (spicy tofu in meat-based sauce & peas) Steamed Mustard Greens*+ Cabbage & Carrot Salad* Grapes	14 TORI DANGO NABE (chicken meatballs) w Tofu & Napa Cabbage*< > Kinpira Gobo (braised burdock root & carrot salad), Orange+ (Miso Soup – dine in only)	15 PORK SHOGAYAKI (ginger pork) Steamed Bok Choy *+ Spinach Shira-ae (mashed tofu)*+ Apple
18 SIMMERED DAIKON & KABOCHA w TOFU+* Spinach Shira-ae (mashed tofu)*+ Apple	19 BAKED LEMON HERB CHICKEN Butternut Squash* Spring Mix Salad w Black Beans & Tomatoes Orange+	20 AGEBITASHI (roasted vegetable in dashi wth somen noodles) w EGGPLANT, BELL PEPPER, SQUASH, TOFU+ Hijiki (Asian Sea Vegetable) & Edamame Salad Apple, Whole Wheat Cracker	21 HERB ROASTED PORK Steamed Broccoli+ Cabbage & Carrot Salad* Orange+ (Miso Soup – dine in only)	22 CHIRASHI (sushi rice w scattered toppings) Edamame Spinach Shira-ae (mashed tofu)*+ Apple
25  Frozen meal for 5/25 to be delivered on the week of 5/18 to 5/22 J-SEI CLOSED	26 TONJIRU (pork miso soup) w DAIKON, POTATOES, KONJAC (yam jelly), AGE TOFU, CARROTS* Spring Mix Salad w Garbanzo & Tomatoes Orange+	27 HIYASHI CHUKA (cold Chinese style noodles) w EGG Tofu Salad w Tomato, Carrots, Cucumber & Edamame*+ Cucumber & Wakame (seaweed) Sunomono (in vinegar) Apple, Whole Wheat Cracker	28 TEPPANYAKI (chicken & eggplant, bell pepper, broccoli, kabocha)+ Kinpira Gobo (braised burdock root & carrot salad) Grapes (Miso Soup – dine in only)	29 BEEF and TOFU PATTY w MUSHROOM GRAVY Steamed Zucchini Romaine Salad w Kidney Beans & Cucumbers Orange+

VITAMIN C

J-SEI

Vitamin C, also commonly known as ascorbic acid, is an essential vitamin. Since your body cannot make vitamin C, it must come from the foods you eat.

Why is Vitamin C Important?

- It helps **grow and repair** tissue all over the body
- It plays a role in **wound healing**
- Maintains healthy **gums, skin, and bones**
- Serves as an **antioxidant**, by fighting free radicals in the body



Yuzu, also known as Japanese Citron, is packed with vitamin C.

Good Sources of Vitamin C

Fruits:

- Oranges
- Bitter melon
- Mandarins
- Yuzu, lemons and other citrus
- Kiwi
- Strawberries

Vegetables:

- Daikon radish
- Okra
- Kimchi
- Cabbage
- Broccoli
- Cauliflower
- Potatoes

And More!

Vitamin C & Colds

While Vitamin C is not able to **prevent** you from catching a cold, there is some evidence that it can help **shorten** the length and the **severity** of symptoms.



Did You Know?

One-third of your **daily** Vitamin C needs is provided in **each** meal from J-Sei!



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.