

J-SEI AUGUST 2026 MENU

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 UNAGI (eel) & TOFU DONBURI (over rice) Steamed Broccoli+ Romaine Salad w Kidney Beans & Cucumbers Apple	4 CHICKEN MISOYAKI (miso marinade) Carrots & Zucchini* Cucumber & Wakame (seaweed) Sunomono (in vinegar) Blueberries and Strawberries+	5 BEEF and TOFU PATTY w MUSHROOM GRAVY Steamed Mustard Greens* Kinpira Gobo (braised burdock root & carrot salad) Orange+	6 TSUKIMI UDON (noodles w egg, kamaboko, age, spinach) Edamame Spinach Shira-ae (mashed tofu)*+ Apple Whole Wheat Crackers	7 GOMOKU MESHI (five-ingredient mixed rice) w CHICKEN, LOTUS ROOT, BURDOCK, TARO+* Zucchini & Yellow Squash Cabbage & Carrot Salad+ Orange+
10 BUTA DOFU (sliced pork & tofu) Steamed Mustard Greens* Cabbage & Carrot Salad+ Pluot	11 NIMONO (simmered vegetables) w CHICKEN, EGG, CARROTS & BOK CHOY+ Hijiki (Asian Sea Vegetable) & Edamame Salad Cantaloupe+*	12 HERB MARINATED SALMON Yams* Spring Mix Salad w Garbanzo & Tomatoes Orange+	13 GYUDON (beef rice bowl w onion & pickled ginger) Steamed Bok Choy *+ Romaine Salad w Garbanzo & Cucumbers, Pluot (Miso soup – dine in only)	14 YASAI ZARU SOBA (cold buckwheat noodles) w EGGPLANT, ZUCCHINI, PEAS, TOFU Spinach Shira-ae (mashed tofu)*+ Apple
17 BAKED LEMON HERB CHICKEN Carrots & Zucchini* Spring Mix Salad w Edamame & Carrots* Orange+	18 CHIRASHI (sushi rice w scattered toppings) Edamame Spinach Shira-ae (mashed tofu)*+ Pluot	19 HIYASHI CHUKA (cold Chinese style noodles) w EGG < > Tofu Salad w Tomato, Carrots, Cucumber & Edamame*+ Hijiki (Asian Sea Vegetable) & Edamame Salad, Apple Whole Wheat Crackers	20 HAMBURGER STEAK Bok Choy+* Edamame Watermelon (Miso soup – dine in only)	21 HERB ROASTED PORK Steamed Cauliflower+ Spring Mix Salad w Black Beans & Tomatoes Pluot
24 BUTA NABE (sliced pork, carrots, napa cabbage & tofu in broth)+* Cabbage & Carrot Salad+ Apple	25 AGEBITASHI (roasted vegetable in dashi with somen noodles) w EGGPLANT, BELL PEPPER, SQUASH, TOFU+* Edamame, Hijiki (Asian Sea Vegetable) & Edamame Salad, Pluot, WW Crackers	26 JAPANESE-STYLE SPAGHETTI & MEATBALLS w CARROTS, ZUCCHINI, MUSHROOMS+* Romaine Salad w Kidney Beans & Carrots Orange+	27 SABA YAKI (grilled mackerel) Steamed Broccoli+ Cabbage & Carrot Salad+ Pluot (Miso soup – dine in only)	28 TORI DANGO NABE (chicken meatballs) w TOFU & NAPA CABBAGE* Kinpira Gobo (braised burdock root & carrot salad) Orange+
31 SOBORO DONBURI (ground beef, egg, & peas over rice)* Steamed Broccoli+ Cucumber & Wakame (seaweed) Sunomono (in vinegar) Apple	*1 cup frozen vegetable blend & 1 fresh fruit or fruit cup included with each frozen meal	1% low fat milk or Soymilk available upon request.	Mixed-grain rice served unless indicated.	

CALCIUM



Calcium is one of the most important minerals for building and maintaining strong bones and teeth. Because bone loss naturally occurs over time, getting enough calcium from our diet can help reduce the risk of osteoporosis and fractures as we age.

Calcium Needs

Daily recommendations for calcium vary by age and gender:

- **Men 51-70 years:** 1,000 mg/day
- **Women 51-70 years:** 1,200 mg/day
- **All adults over 71 years:** 1,200 mg/day



Calcium-Rich Foods

Eating a variety of calcium-rich foods can help meet your daily needs. Examples include:

- **Vegetables:** Kale, mustard greens, and bok choy
- **Fortified foods:** Soy milk, tofu, fruit juices, cereals
- **Fish:** Canned sardines and salmon
- **Dairy:** Milk, yogurt and cheese, or fortified alternatives



Calcium Tips

- Consume 3 servings of calcium-rich foods each day — spread these throughout the day for better absorption.
- When selecting fortified foods, look on food labels for foods that are 20% or more of the Daily Value for calcium.
- Speak to your physician before taking a calcium supplement.



Information obtained from: *The Academy of Nutrition and Dietetics* and *National Institutes of Health*

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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.