



J-SEI JULY 2026 MENU



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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Mixed-grain rice served unless indicated.</p> <p>*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</p> <p>1% low fat milk or Soy milk available upon request.</p>	<p>1 BUTA NABE (sliced pork, carrots, napa cabbage & tofu in broth)+* Cabbage & Carrot Salad+ Grapes</p>	<p>2 NIKUJAGA (beef stew) w POTATOES, CARROTS & KONJAC (yam jelly)* Hijiki (Asian Sea Vegetable) & Edamame Salad, Canteloupe+ (Miso Soup – dine in only)</p>	<p>3 J-SEI CLOSED</p> <p><i>Happy Independence Day</i></p>
<p>6 HIYASHI SOMEN (cold thin noodles) w EGG Tofu Salad w Tomato, Carrots, Cucumber & Edamame*+ Hijiki (Asian Sea Vegetable) & Edamame Salad, Pluot, WW Crackers</p>	<p>7 TEPPANYAKI (chicken & eggplant, bell pepper, broccoli, kabocha) +* Spring Mix Salad w Kidney Beans & Cucumbers Orange+</p>	<p>8 GYUDON (beef rice bowl w onion & pickled ginger) Steamed Mustard Greens* Cabbage & Carrot Salad+ Watermelon</p>	<p>9 SWEET & SOUR SNAPPER Carrots & Zucchini* Cucumber & Wakame (seaweed) Sunomono (in vinegar) Strawberries & Blueberries+ (Miso soup – dine in only)</p>	<p>10 BUTA DOFU (sliced pork & tofu) Steamed Bok Choy *+ Cabbage & Carrot Salad+ Apple</p>
<p>13 CHICKEN HEKKA (braised chicken with mung bean noodles) w CARROT & SHIITAKE* Steamed Mustard Greens*+ Cucumber & Wakame (seaweed) Sunomono (in vinegar), Pluot Whole Wheat Crackers</p>	<p>14 MABO DOFU (spicy tofu in meat-based sauce & peas) Steamed Broccoli+ Spring Mix Salad w Black Beans & Tomatoes* Orange+</p>	<p>15 TORI DANGO NABE (chicken meatballs) w TOFU & NAPA CABBAGE* Kinpira Gobo (braised burdock root & carrot salad) Strawberries & Blueberries+</p>	<p>16 YASAI ZARU SOBA (cold buckwheat noodles) w EGGPLANT, ZUCCHINI, PEAS, TOFU Spinach Shira-ae (mashed tofu)*+ Grapes</p>	<p>17 BAKED SALMON w DILL CREAM SAUCE Steamed Broccoli+ Spring Mix Salad w Kidney Beans & Carrots* Apple</p>
<p>20 TOFU & EGGPLANT DENGAKU (miso glaze) Hijiki (Asian Sea Vegetable) & Edamame Salad Orange+</p>	<p>21 CHICKEN MISOYAKI (miso marinade) Peas & Carrots* Cucumber & Wakame (seaweed) Sunomono (in vinegar) Canteloupe+</p>	<p>22 AGEBITASHI (roasted vegetable in dashi wth somen noodles) w EGGPLANT, BELL PEPPER, SQUASH, TOFU Cabbage & Carrot Salad+ Orange+ Whole Wheat Crackers</p>	<p>23 SOBORO DONBURI (ground beef, egg, & peas over rice)< > Steamed Cauliflower+ Spring Mix Salad w Garbanzo Beans & Cucumbers Apple (Miso soup – dine in only)</p>	<p>24 CHIRASHI (sushi rice w scattered toppings) Edamame Spinach Shira-ae (mashed tofu)*+ Pluot</p>
<p>27 BEEF & BROCCOLI+* Cabbage & Carrot Salad+ Apple</p>	<p>28 YASAI NABE (tofu, carrots, daikon, napa cabbage & shitake, in broth) Spinach Shira-ae (mashed tofu)*+ Grapes</p>	<p>29 HERB ROASTED PORK Steamed Cauliflower+ Spring Mix Salad w Edamame & Tomatoes* Orange+</p>	<p>30 NIMONO (simmered vegetables) w CHICKEN, EGG, CARROTS & BOK CHOY+ Daikon & Carrot Salad+ Apple (Miso soup – dine in only)</p>	<p>31 JAPANESE-STYLE SPAGHETTI & MEATBALLS w CARROTS, ZUCCHINI, MUSHROOMS+* Romaine Salad w Garbanzo & Cucumbers Pluot</p>



EATING WELL AS YOU AGE



As we age, nutrition becomes more important than ever for maintaining health and energy. Here are some simple nutrition tips inspired by traditional Japanese eating patterns to help support strength, health, and independence as you age.

Hara Hachi Bu

Hara Hachi Bu is an Okinawan practice that means "eat until you are 80% full." Stop eating when you feel comfortably satisfied, not overly full to help prevent overeating and support long term health. Some important principles of Hara Hachi Bu include:

- Savoring each bite
- Choosing smaller plates and bowls
- Prioritizing satisfaction over finishing your plate
- Minimizing distraction during meals to practice awareness

Did you know?

It takes approximately 20 minutes for the body to recognize fullness.

Eat a Nutrient-Dense Diet

As we age, we need **fewer** calories, but **higher** amounts of some nutrients such as calcium and vitamin D. **Protein** is also important to maintain muscle mass and fight infection. By highlighting **nutrient-dense** foods in your diet, you can prioritize **quality** over **quantity**. Some key food groups include:

- Fish, tofu, eggs & lean poultry or meat
- Edamame, natto, & legumes
- Rice & whole grains
- Colorful fruits and vegetables
- Low-fat dairy or dairy alternatives



Stay Hydrated

Because thirst **declines** as we age, hydration becomes extra important. Here are some hydration suggestions:

- Prioritize **water** as your main beverage. Try **flavoring** it with fruits, mint or sparkling water.
- Drink unsweetened **green tea**
- Sip on low sodium **miso soup** and other low/no sodium broth-based soups
- **Enjoy milk** or unsweetened soy milk



Information obtained from: *The Academy of Nutrition and Dietetics, National Council on Aging and Japanese Rituals*
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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.