

J-SEI SEPTEMBER 2026 MENU

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



Monday	Tuesday	Wednesday	Thursday	Friday
	1 SWEET & SOUR SNAPPER Carrots & Zucchini* Hijiki (Asian Sea Vegetable) & Edamame Salad Blueberries and Strawberries+	2 CHICKEN HEKKA (braised chicken with mung bean noodles) w CARROT & SHIITAKE* Steamed Mustard Greens* Kinpira Gobo (braised burdock root & carrot salad) Orange+, Whole Wheat Crackers	3 PORK SHOGAYAKI (ginger pork) Steamed Bok Choy *+ Cabbage & Carrot Salad+* Pluot (Miso Soup – dine in only)	4 NIKUJAGA (beef stew) w POTATOES, CARROTS & KONJAC (yam jelly) Cucumber & Wakame (seaweed) Sunomono (in vinegar) Orange+
7 J-SEI CLOSED  FROZEN MEAL	8 TOFU & EGGPLANT DENGAKU (miso glaze) Spring Mix Salad w Garbanzo & Edamame* Orange+	9 BUTA DOFU (sliced pork & tofu) Steamed Bok Choy *+ Cabbage & Carrot Salad+* Grapes	10 CHIRASHI (sushi rice w scattered toppings) Edamame, Spinach Shira-ae (mashed tofu)*+, Cantaloupe+ (Miso Soup – dine in only)	11 CHICKEN CREAM STEW w POTATOES, CARROTS, BROCCOLI, PEAS Hijiki (Asian Sea Vegetable) & Edamame Salad, Orange+
14 BEEF & BROCCOLI+ Spring Mix Salad w Kidney Beans & Cucumbers* Apple	15 HIYASHI CHUKA (cold Chinese style noodles) w EGG < > Tofu Salad w Tomato, Carrots, Cucumber & Edamame*+ Hijiki (Asian Sea Vegetable) & Edamame Salad Pluot, Whole Wheat Crackers	16 CHICKEN TERIYAKI Peas & Carrots* Kinpira Gobo (braised burdock root & carrot salad) Blueberries and Strawberries+	17 TONJIRU (pork miso soup) w DAIKON, POTATOES, CARROTS, KONJAC (yam jelly), AGE TOFU* Spring Mix Salad w Edamame & Tomatoes Orange+	18 NIKU DANGO (beef meatballs) Collard Greens* Daikon & Carrot Salad+* Cantaloupe+
21 GOMOKU MESHI (five-ingredient mixed rice) w CHICKEN, LOTUS ROOT, BURDOCK, TARO+* Cauliflower+ Cabbage & Carrot Salad*+ Apple	22 BUTA NABE (sliced pork, carrots, napa cabbage & tofu in broth) Spring Mix Salad w Black Beans & Carrots* Orange+	23 GYUNIKU TO YASAI (Simmered beef) w BROCCOLI & CARROTS+* Hijiki (Asian Sea Vegetable) & Edamame Salad Cantaloupe+	24 BAKED SALMON w DILL CREAM SAUCE Steamed Broccoli+ Cucumber & Wakame (seaweed) Sunomono (in vinegar), Grapes (Miso Soup – dine in only)	25 YASAI NABE (tofu, carrots, daikon, napa cabbage & shitake, in broth)* Cabbage & Carrot Salad+* Orange+
28 YASAI ZARU SOBA (cold buckwheat noodles) w EGGPLANT, ZUCCHINI, PEAS, TOFU Spinach Shira-ae (mashed tofu)*+ Apple	29 JAPANESE-STYLE SPAGHETTI & MEATBALLS w CARROTS, ZUCCHINI, MUSHROOMS+* Spring Mix Salad w Kidney Beans & Cucumbers Orange+	30 MISO SABA (mackerel) Yams* Cabbage & Carrot Salad+* Satsuma+	Soy Milk or 1% Milk available upon request 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

In Okinawa, cultural foods are described as *nuchigusui*, which means “medicines of life.” The fresh fruits, vegetables, fish and meats found on the islands are viewed as important for nourishing both the body and the mind. It is believed that the unique diet of Okinawans plays a role in contributing to their longevity.

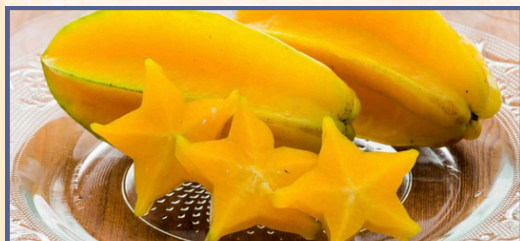


Okinawan Cultural Foods

These are examples and not indicative of items that J-Sei is providing in our meals.

Tropical Fruits

- Shikuwasa
- Acerola
- Dragon fruit
- Passion fruit
- Mango
- Star fruit
- Pineapple
- Tankan



These foods are rich in vitamins, minerals and dietary fiber.

Island Vegetables

- Goya/Bitter Melon (*nigauri*)
- Purple sweet potato (*Beni imo*)
- Sponge cucumber (*nabera*)
- Okinawan Carrots (*chidekuni*)
- Winter melon (*shibui*)



From the Sea

- Japanese tiger prawns
- Skipjack tuna
- Grouper (*mibai*)



These are rich in protein and essential amino acids

Specialty Meats

- Agu pork
- Kuroge wagyu



Information obtained from: VisitOkinawaJapan.com

Created by Megan Raphael, RD Intern and Heather Cuellar, RD

Disclaimer: This article is for informational purposes only and is not intended to be a substitute for medical advice or diagnosis from a physician.