

J-SEI OCTOBER 2026 MENU					Suggested Contribution Aged 60+: \$5 Under 60: \$8	
Monday		Tuesday		Wednesday	Thursday	Friday
Mixed-grain rice served unless indicated. *1 cup frozen vegetable blend & 1 fresh fruit or fruit cup included with each frozen meal		8 oz. serving of soy milk or 1% milk per meal available upon request Vitamin +C source, Vitamin *A source, < > indicates +1000mg sodium		 	1 CHICKEN CREAM STEW w POTATOES, CARROTS, BROCCOLI, PEAS Spring Mix Salad w Black Beans & Carrots* Orange+ (Miso soup – dine in only)	2 TONJIRU (pork miso soup) w DAIKON, POTATOES, CARROTS, KONJAC (yam jelly), AGE TOFU* Kinpira Gobo (braised burdock root & carrot salad) Cantaloupe+
5 NIMONO (simmered vegetables) w CHICKEN, EGG, CARROTS & BOK CHOY+ Spring Mix Salad w Garbanzo & Carrots* Apple	6 PORK CURRY (Japanese style curry) w POTATOES, CARROTS, ONIONS+* Kinpira Gobo (braised burdock root & carrot salad) Orange+	7 NIKU DANGO (beef meatballs) Collard Greens* Cabbage & Carrot Salad+ Satsuma+	14 CHIRASHI (sushi rice w scattered toppings) Edamame Spinach Shira-ae (mashed tofu)*+ Persimmon+	8 BAKED SALMON w LEMON Steamed Broccoli+ Cucumber & Wakame (seaweed) Sunomono (in vinegar) Apple (Miso soup – dine in only)	9 HIYASHI CHUKA (cold Chinese style noodles) w EGG < > Tofu Salad w Tomato, Carrots, Cucumber & Edamame*+ Hijiki (Asian Sea Vegetable) & Edamame Salad Grapes, Whole Wheat Crackers	16 CHICKEN, TOFU, & SHITAKE MUSHROOM Steamed Bok Choy *+ Kinpira Gobo (braised burdock root & carrot salad) Apple
12 J-SEI CLOSED 	13 HERB ROASTED PORK Steamed Broccoli+ Spring Mix Salad w Kidney Beans & Cucumbers Apple	20 SWEET & SOUR SNAPPER Carrots & Zucchini* Spring Mix Salad w Black Beans & Carrots* Satsuma+	21 VEGETABLE CURRY UDON w TOFU, CARROTS, POTATOES, BROCCOLI, MUSHROOMS+* Hijiki (Asian Sea Vegetable) & Edamame Salad Orange+, Whole Wheat Crackers	22 TORI DANGO NABE (chicken meatballs) w TOFU & NAPA CABBAGE* < > Spring Mix Salad w Garbanzo & Cucumber, Satsuma+ (Miso soup – dine in only)	23 SOBORO DONBURI (ground beef, egg, & peas over rice) Napa Cabbage+ Cabbage & Carrot Salad+ Orange+	30 TEPPANYAKI (chicken & eggplant, bell pepper, broccoli, kabocha) +* Kinpira Gobo (braised burdock root & carrot salad) Persimmon+
19 GYUNIKU TO YASAI (Simmered beef) w BROCCOLI & CARROTS*+ Cabbage & Carrot Salad+ Pear	26 YASAI NABE (tofu, carrots, daikon, napa cabbage & shitake, in broth)* Spinach Shira-ae (mashed tofu)*+ Apple	27 CHICKEN HEKKA (braised chicken with mung bean noodles) w CARROT & SHITAKE* Steamed Mustard Greens* Cabbage & Carrot Salad+ Pear Whole Wheat Crackers	28 MABO DOFU (spicy tofu in meat-based sauce & peas) Steamed Bok Choy *+ Spring Mix Salad w Black Beans & Cucumber Apple	29 ODEN w EGG & VEGETABLES (winter hot pot w egg, daikon, konjac, fish cakes in a soy-based broth)+* Cucumber & Wakame (seaweed) Sunomono (in vinegar), Orange+ (Miso soup – dine in only)		
Funding support from Alameda County & Contra Costa County Area Agencies on Aging					1285 66 th St., Emeryville 94608 (510) 654-4000 Contact Sianne@j-sei.org	

IMPORTANT NUTRIENTS



As we age, the types of nutrients we need and their amounts change to help us better maintain strength, aid digestion, improve cognitive function, and support heart health.

Protein

Protein is especially important for maintaining **muscle mass** and supporting **immune function** to fight infection. Include a **source** of animal-based or plant-based **protein** in each meal:

- Fish, tofu, and lean poultry or meat
- Edamame, soy and legumes
- Low-fat dairy or soy alternatives



Safer Fish

Fish is a great source of **protein** and **healthy fats**. For adults 65+, **fully cooked** seafood is the safest choice to reduce food borne illness. Choose **lower mercury** fish like salmon, shrimp, cod, sardines, anchovies, and canned **light** tuna. Limit **high mercury** fish like shark, swordfish, king mackerel, and bigeye tuna..

Omega-3 Fatty Acids

Healthy fats are important for **brain function** and **heart health**. In particular, omega-3 fatty acids have been shown to be **especially beneficial** for supporting brain health and reducing inflammation. You can find omega-3s in:

- Fatty fish, such as salmon or tuna
- Flax seeds, walnuts, chia seeds
- Canola or soybean oil



Fiber

Fiber is involved in healthy **digestion**, feeling **full**, and preventing **constipation**. Fiber can also support heart health by **lowering cholesterol**. Adults over 51 need about **21 grams** of fiber per day for women and **30 grams** for men.

Fiber is found in **plant foods**, such as fruits, vegetables, legumes, nuts and whole grains.

Calcium + Vit. D

Calcium and vitamin D work together to **support strong bones**. Because bone loss naturally occurs over time, getting enough of these nutrients can **help reduce the risk** of osteoporosis and fractures.

Good sources include:

- Kale, mushrooms bok choy, and leafy greens
- Fortified soy milk, fruit juices, cereals
- Canned sardines, salmon, tofu and eggs
- Milk, yogurt, eggs, and cheese



Vitamin B12

Vitamin B12 is especially important as we age because our bodies may not absorb it as well. Getting enough vitamin B12 helps support **healthy brain** and **nerve function** and helps the body **make red blood cells**.

Vitamin B12 is found in:

- Fish and shellfish
- Poultry, red meat and eggs
- Dairy products
- Fortified cereal

Information obtained from: *The California Department of Aging and Harvard Nutrition Source*

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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.