J-SEI NOVEMBER 2026 MENU

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 NIKUJAGA (beef stew) **w POTATOES, CARROTS & KONJAC** (yam jelly) Cabbage & Carrot Salad+ Satsuma+	**3 SANSAI UDON** (noodles & mountain vegetables) **w EGG, SPINACH, TARO, CARROTS** Edamame, Hijiki (Asian Sea Vegetable) & Edamame Salad Orange+, Whole Wheat Crackers	**4 NIMONO** (simmered vegetables) **w CHICKEN, EGG, CARROTS & BOK CHOY+** Spring Mix Salad w Black Beans & Carrots* Satsuma+	**5 JAPANESE-STYLE SPAGHETTI & MEATBALLS w CARROTS, ZUCCHINI, MUSHROOMS+*** Cabbage & Carrot Salad+ Apple **(Miso Soup – dine in only)**	**6 BAKED SALMON w DILL CREAM SAUCE** Carrots & Zucchini* Cucumber & Wakame (seaweed) Sunomono (in vinegar) Orange+
9 SOBORO DONBURI (ground beef, egg, & peas over rice) Steamed Broccoli+ Spring Mix Salad w Edamame & Tomatoes Apple	**10 CHICKEN MISOYAKI** (miso marinade) Steamed Bok Choy *+ Cucumber & Wakame (seaweed) Sunomono (in vinegar) Pear	**11 MABO DOFU** (spicy tofu in meat-based sauce & peas) Steamed Cauliflower+ Kinpira Gobo (braised burdock root & carrot salad) Satsuma+	**12 HARVEST LUNCH ROAST TURKEY w GRAVY** Cranberry Sauce, Mashed Potatoes+, and Stuffing Spring Mix Salad w Kidney Beans & Cucumbers, Persimmon < >	**13 TOFU & EGGPLANT DENGAKU** (miso glaze) Cabbage & Carrot Salad+ Satsuma+
16 GOMOKU MESHI (five-ingredient mixed rice) **w CHICKEN, LOTUS ROOT, BURDOCK, TARO+*** Steamed Cauliflower+ Cabbage & Carrot Salad+ Orange+	**17 TONJIRU** (pork miso soup) **w DAIKON, POTATOES, CARROTS, KONJAC** (yam jelly)**, AGE TOFU*** Spring Mix Salad w Kidney Beans & Tomatoes Persimmon+	**18 SABA YAKI** (grilled mackerel) Steamed Broccoli+ Hijiki (Asian Sea Vegetable) & Edamame Salad Apple	**19 VEGETABLE CURRY UDON w TOFU, CARROTS, POTATOES, BROCCOLI, MUSHROOMS** Spinach Shira-ae (mashed tofu)*+ Pear Whole Wheat Crackers	**20 GYUDON** (beef rice bowl w onion & pickled ginger) Steamed Mustard Greens* Cabbage & Carrot Salad+ Orange+
23 BUTA NABE (sliced pork, carrots, napa cabbage & tofu in broth) Cucumber & Wakame (seaweed) Sunomono (in vinegar) Orange+	**24 CHICKEN & KABOCHA** (winter squash)* Kinpira Gobo (braised burdock root & carrot salad) Satsuma+	**25 NIKU DANGO** (beef meatballs) Collard Greens* Daikon & Carrot Salad+ Orange+	**26 J-SEI CLOSED** 	**27 J-SEI CLOSED**
30 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+	**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**	The County of Alameda Area Agency on Aging Contra Costa County Employment & Human Services

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JAPANESE PROTEINS

J-SEI

Protein is an important nutrient that helps our bodies stay strong and healthy. Eating enough protein can help maintain muscle, support strength, repair body tissues, and keep our immune system healthy. Many familiar Japanese foods are excellent sources of protein.

Seafood

Seafood provides protein and fatty fish such as salmon, mackerel, and sardines also contain heart healthy omega 3 fats.

- Mackerel (saba)
- Tuna (maguro)
- Salmon (sake)
- Scallops (hotate)
- Oysters (kaki)



Soybeans & Soy Foods

Soy foods provide plant based protein and are easy to incorporate into everyday meals.

- Tofu
- Natto (fermented soybeans)
- Edamame
- Soy milk



Other Protein Foods

These foods provide protein along with important vitamins and minerals.

- Eggs (tamago)
- Chicken (tori)
- Lean pork (buta)
- Lean beef (gyuniku)



Easy Ways to Add Protein to Your Meals

- **Breakfast**: Enjoy natto with rice or add an egg to your meal.
- **Lunch**: Add more tofu to miso soup or enjoy grilled fish with rice and vegetables.
- **Dinner:** Include fish, chicken, or tofu with your favorite Japanese side dishes.
- **Snack:** Try edamame, a boiled egg, or toast with sardines.



Did you know...



J-Sei meals include a variety of protein from both animal and plant sources. Each meal contains a minimum of 2 oz protein equivalent. This could include:

- 2 ounces cooked, edible portion of meat, poultry, or seafood
- 2 eggs
- ½ cup cooked beans, legumes, or tofu

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.