





# J-SEI NOVEMBER MENU

Mon-Th Onsite Lunch Begins at 11:30 and Must Be Requested in Advance

**Suggested Donation**

**Aged 60+:** 1 meal/wk - \$5, 2+ meals/wk: \$4

**Under 60:** \$8

Monday	Tuesday	Wednesday	Thursday	Friday <i>Delivery Only</i>
<p><b>All Meals Served w/ Fruit*+</b></p> <p><b>Mon-Th Meals Served w/ Miso-Based Soup</b></p>	<p>+ Vitamin C source, * Vitamin A source, &lt;&gt;indicates+1000mg sodium Soy milk offered Mixed-grain rice served, unless indicated.</p>	<p><b>1 NIMONO w/ CHICKEN+</b> Simmered vegetables w/ chicken, egg Braised Baby Choi*+ Soup and Fresh Fruit</p> 	<p><b>2 GINGER BEEF w/ TOFU, GREEN ONIONS, &amp; SHITAKE</b> Cabbage &amp; Carrot Salad *+ Yams* Soup and Fresh Fruit+</p>	<p><b>3 UME ONIGIRI* &amp; CHICKEN TERIYAKI+</b> *Rice ball w/ pickled plum Tofu Salad*+ Steamed Broccoli*+ Soup and Fresh Fruit</p>
<p><b>6 GYUNIKU TO YASAI</b> Simmered beef &amp; vegetables*+ Spinach Shira*-ae Soup and Fresh Fruit</p>	<p><b>7 TOFU PATTY W/ MUSHROOM GRAVY</b> Spring Mix Salad w. carrots, red peppers &amp; tomatoes*+ Braised Kabocha* Soup and Fresh Fruit</p>	<p><b>8 BAKED GINGER SNAPPER w/ LEMON SHOYU</b> Cucumber &amp; Carrot Tsukemono(pickled veg) *+ Steamed Broccoli*+ Soup and Fresh Fruit</p>	<p><b>9 TURKEY w/ GRAVY &amp; AMY'S CRANBERRY SAUCE+</b> Mashed Potatoes+ &amp; Stuffing Mixed Green Salad+ Richards Pumpkin Pie* &lt;&gt;High Sodium Meal <b>HARVEST DAY LUNCHEON</b></p>	<p><b>10 CHICKEN YAKISOBA</b> Chicken, Vegetable, Noodle Stirfry Cabbage &amp; Daikon Salad*+ Steamed Bok Choi*+ Soup and Fresh Fruit</p>
<p><b>13 CHICKEN, TOFU, SHITAKE</b> Hijiki Salad* Steamed Mustard Greens*+ Soup and Fresh Fruit+</p>	<p><b>14 ASSORTED SUSHI</b> Edamame Spinach Shira-ae*+ Fruit (Delivery) or Onsite Birthday Dessert Soup and Fresh Fruit+</p> <p><b>BIRTHDAY LUNCH</b></p>	<p><b>15 TOFU &amp; EGGPLANT DENGAKU*</b> *Miso-glaze Hijiki* w/ Edamame Spring Mix Salad w/ garbanzo beans*+, cucumbers Soup and Fresh Fruit+</p>	<p><b>16 BAKED SALMON w/ LEMON*</b> Daikon &amp; Carrot Sunomono*+ Steamed Mustard Greens*+ Soup and Fresh Fruit</p>	<p><b>17 CHILLED MISO RAMEN W/ SLICED PORK</b> Spring Mix Salad w/ carrots, red bell peppers &amp; tomatoes*+ Spinach Shira-ae+ Fresh Fruit</p>
<p><b>20 SLICED BEEF, DOFU* &amp; VEGETABLES OVER SOBA</b> Hijiki Fresh Fruit+</p>	<p><b>21 TORINIKU DANGO</b> Chicken meatballs in light sauce Cabbage &amp; carrot salad Baked Yam* Soup and Fresh Fruit+</p> 	<p><b>22 BUTA NABE*+</b> Pork w/ carrots, nappa cabbage, tofu in broth Edamame Fresh Fruit+</p>	<p><b>23</b></p> <p><b>HAPPY THANKSGIVING!</b></p> <p>J-Sei Closed</p>	
<p><b>27 GRILLED MARINATED SNAPPER W/ LEMON</b> Daikon &amp; Carrot Sunomono*+ Baked Yam* Soup and Fresh Fruit</p>	<p><b>28 ODEN W/ EGG &amp; VEGETABLES</b> Winter hot pot w/ boiled egg, daikon, konjac, fishcakes in soy-flavored broth Cabbage &amp; Carrot Salad *+ Fresh Fruit</p>	<p><b>29 SOBORO DONBURI</b> beef, egg, peas over rice* Spinach &amp; Romaine Salad w/ black beans, carrots, tomatoes*+ Soup and Fresh Fruit</p>	<p><b>30 BAKED LEMON HERB CHICKEN</b> Spring Mix Salad *+ Baked Butternut* Soup and Fresh Fruit</p>	<p>Funding support from Alameda County &amp; Contra Costa County Area Agencies on Aging</p> <p><i>Menu Subject to Change</i></p>