






J-SEI APRIL 2018 MENU

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

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



Monday	Tuesday	Wednesday	Thursday	Friday <i>(Delivery Only)</i>
2 OYAKO DONBURI* (Chicken & Egg w Vegetables over Rice) Cucumber & Cabbage Salad *+ Steamed Broccoli*+ Soup & Fruit	3 MABO DOFU (Spicy Tofu in Meat-Based Sauce and Peas) Spinach Salad w. Red Onion, Mushroom, Carrots, & Garbanzo Baked Butternut Squash* Soup & Fruit	4 ANKAKE UDON WITH FISH (Fish over Thick-Broth Udon) Baked Kabocha (Winter Squash)* Soup & Fruit+	5 BEEF, TOFU & SHITAKE Cucumber & Wakame Sunomono (in Vinegar)* Steamed Butternut Squash* Soup & Fruit+	6 TOFU & EGGPLANT DENGAKU (Miso Glaze) Hijiki* w Edamame Spring Mix Salad with Garbanzo*+, Cucumbers Fruit
9 BUTA NABE*+ (Sliced Pork w Carrots, Nappa Cabbage, & Tofu in Broth) Hijiki (Asian Sea Vegetable) & Edamame Salad* Soup & Fruit+	10 CHICKEN & KABOCHA (Winter Squash)* Broccoli Goma-ae (w Sesame Seeds)*+ Soup & Fruit	11 SOBORO DONBURI (Beef, Egg, & Peas over Rice)* Spinach & Romaine Salad with black beans, carrots, tomatoes*+ Soup & Fruit	12 SWEET & SOUR SNAPPER w VEGGIES*+ Baked Kabocha (Winter Squash)* Soup & Fruit+	13 CHICKEN YAKISOBA (Stir-Fried Noodles, Chicken, & Veggies) Cabbage and Daikon Salad*+ Steamed Bok Choy*+ Fruit
16 ODEN w EGG & VEGETABLES (Winter Hot Pot w Egg, Daikon, Konjac, Fish Cakes in a Soy-Based Broth) Cabbage & Carrot Salad *+ Soup & Fruit+	17 NIKU DANGO (Beef Meatballs) Cabbage & Carrot Salad+ Baked Yam* Soup & Fruit	18 CHICKEN TERIYAKI Lettuce & Romaine Salad with Garbanzos*+ Cabbage & Carrot Salad*+ Steamed Mustard Greens* Soup & Fruit+	19 SANSAI (Mountain Vegetables) UDON w EGG*+ Cucumber & Wakame Sunomono (in Vinegar) Lettuce and Romaine Salad*+ Fruit *	20 SABA SHIOYAKI (Salt-Grilled Mackerel) Spinach & Carrot Salad*+ Kabocha (Winter Squash)* Soup & Fruit+
23 BEEF CABBAGE ROLL w TOMATO SAUCE+ Spring Mix Salad w. Carrot, Bell Pepper & Garbanzo Soup & Fruit+	24 BEEF & TOFU PATTY w MUSHROOM GRAVY Spring Mix Salad w Carrots, Bell Pepper & Tomatoes*+ Kabocha (Winter Squash)* Soup & Fruit <i>Prev Schld'd for 4/25</i>	25 ASSORTED SUSHI Edamame Spinach Shira-ae (Mashed Tofu)*+ Soup & Fruit+ <i>Birthday Celebration</i> 	26 BUTA DOFU*+ (Japanese Pork & Tofu) Steamed Bok Choy* Spring Mix Salad with Tomatoes and Cucumber*+ Soup & Fruit+	27 JAPANESE-STYLE SPAGHETTI & MEATBALLS w VEGETABLES*+ Spring Mix Salad*+ Soup & Fruit
30 UNAGI (Eel) & TOFU DONBURI (Over Rice) Daikon and Carrot Sunomono (in Vinegar)*+ Steamed Broccoli*+ Soup & Fruit+	<i>Menu Subject to Change</i>   	Vitamin +C source, Vitamin *A source, **>indicates+1000mg sodium Soy milk offered	Miso-Based soup is served Monday through Thursday Mixed-grain rice served, unless indicated.	Funding support from Alameda County & Contra Costa County Area Agencies on Aging