



# REVISED\_J-SEI DECEMBER 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 (Delivery Only)
<b>3 BAKED LEMON HERB CHICKEN</b> Spring Mix Salad *+ Baked Butternut Squash* Soup & Fruit	<b>4 SANSAI (Mountain Vegetables) UDON w EGG*</b> Cucumber & Wakame Sunomono (in Vinegar) Spring Mix Salad Fruit +	<b>5 OYAKO DONBURI</b> (Chicken & Egg w Vegetables over Rice) Cucumber & Cabbage Salad+ Steamed Broccoli+ Soup & Fruit	<b>6 HOLIDAY BENTO BOX**</b> (>over 1000 mg sodium)  <b>WINTER CELEBRATION LUNCHEON</b>	<b>7 UNAGI (Eel) &amp; TOFU DONBURI</b> (Over Rice) Daikon and Carrot Sunomono (in Vinegar)*+ Steamed Broccoli+ Fruit
<b>10 BEEF CABBAGE ROLL w TOMATO SAUCE+</b> Spring Mix Salad w. Carrot, Bell Pepper & Garbanzo*+ Soup & Fruit	<b>11 BUTA DOFU*+</b> (Japanese Pork & Tofu) Steamed Bok Choy+ Spring Mix Salad with Tomatoes and Cucumber+ Soup & Fruit	<b>12 JAPANESE-STYLE SPAGHETTI &amp; MEATBALLS w VEGETABLES*+</b> Spring Mix Salad+ Soup & Fruit	<b>13 BAKED SALMON W/DILL CREAM SAUCE</b> Spring Salad with cucumbers & tomatoes+ Baked Yams* Soup & Fruit	<b>14 CHICKEN, TOFU, &amp; SHIITAKE MUSHROOM</b> Hijiki (Asian Sea Vegetable) Butternut Squash* Fruit+
<b>17 GOMOKU MESH+*(Five-Ingredient Mixed Rice with Chicken and Veggies)</b> Tofu Salad w Tomatoes, Carrots, Cucumber & Edamame+* Steamed Bok Choy*+ Soup & Fruit	<b>18 ASSORTED SUSHI</b> Edamame Spinach Shira-ae (Mashed Tofu)*+ Soup & Fruit+ <b>Birthday Celebration</b> 	<b>19 BEEF &amp; KABOCHA</b> (Winter Squash)* Broccoli Goma-ae (w Sesame Seeds)+ Soup & Fruit	<b>20 SWEET &amp; SOUR SNAPPER w VEGGIES*+</b> Baked Kabocha (Winter Squash)* Spring Mix Salad+ Soup & Fruit	<b>21 TSUKIMI UDON (Udon Noodles w Egg, Kamaboko [Fish Cake], Fried [Age] Tofu, Spinach Edamame</b> Spring Mix Salad*+ Fruit
<b>24 TOFU &amp; EGGPLANT DENGAKU (Miso Glaze)</b> Hijiki* w Edamame Spring Mix Salad with Garbanzo*+, Cucumbers Soup & Fruit+	<b>25</b>  <b>J-SEI WILL BE CLOSED</b>	<b>26 SABA SHIOYAKI</b> (Salt-Grilled Mackerel) Spinach & Carrot Salad*+ Kabocha (Winter Squash)* Soup & Fruit+	<b>27 CHICKEN CREAM STEW</b> Cabbage Salad+ Steamed Mustard Greens* Soup & Fruit	<b>28 GYUDON</b> (Beef Rice Bowl w Onion, Egg, & Pickled Ginger) Steamed Mustard Greens* Spinach Shira-ae (Mashed Tofu)+* Fruit
<b>31 CHICKEN MISOYAKI (Miso Marinade)</b> Steamed Broccoli+ Spinach & Romaine Salad*+ Soup & Fruit	Funding support from Alameda County & Contra Costa County Area Agencies on Aging	Vitamin +C source, Vitamin *A source, **> indicates +1000mg sodium Soy milk offered Mondays	Miso-Based soup is served Monday through Thursday <i>Menu Subject to Change</i>	Mixed-grain rice served unless indicated. 

# Getting the Most Nutrition from Vegetables

Tara Marino, RDN

## Colorful Vegetables Packed with Vitamins and Minerals

- **Green beans** are a good source of vitamin C, folic acid, iron, and potassium.
- **Dried beans** provide protein, B vitamins, folic acid, iron, magnesium, and potassium.
- **Cabbage** is high in vitamin C, folic acid, calcium, potassium, and fiber.
- **Carrots** are rich in beta-carotene, vitamins A and K, and potassium.
- **Yellow corn** is high in beta-carotene and lutein. It also supplies B vitamins, iron, magnesium, potassium, and folic acid.
- **Eggplant** is high in fiber, potassium, manganese, and vitamin B1.
- **Leeks** are a good source of fiber, iron, and vitamins A and C
- **Okra** provides vitamin C and the B vitamins, magnesium, lutein, and potassium.
- **Peas** pack plenty of protein, B vitamins, vitamins C and A, manganese, iron, potassium, and lutein.
- **Peppers** have lots of beta-carotene; vitamins B6, C, and A; and potassium.
- **Potatoes, with skins**, are a good source of protein, iron, vitamin C, and potassium.
- **Shallots** are a good source of potassium, vitamin B6, manganese, and folic acid.
- **Summer squash** is high in vitamin C, fiber, potassium, and magnesium. Both dark green and yellow squashes are excellent sources of lutein.
- **Sweet potato** is an excellent source of vitamins A, B6, and C, iron, fiber, and potassium.

Frozen, fresh, canned, steamed, sautéed, boiled, raw or fried. These are just a few of the ways to purchase and prepare

vegetables, but what is the healthiest way to eat them? The information can get a bit confusing but here are some simple tips to make sure that you get the most benefit out of your vegetables.



✓ **Shop local.** Farmer's markets and produce stands will offer fruits and vegetables that are fresh from the farm. The less time the produce sits on trucks, in warehouses and in the store, the more nutritious they will be.

✓ **Less heat, more nutrition.** For most vegetables, the longer you cook them, the more nutrients are lost. As we get older, it can get tougher to eat and digest raw vegetables. Steaming, blanching, and sautéing are quick cooking methods to soften up vegetables, while retaining a lot of the nutrients.

✓ **Mix it up.** Go for variety of colors and types of vegetables to make sure you're getting all the wonderful vitamins and minerals they provide. Also, eat them with healthy fats to help absorption of fat-soluble vitamins. Healthy fats include avocado, nuts, and olive oil.

✓ **Aim for abundance.** With each meal, try to make half your plate vegetables or at least 1 cup of chopped vegetables or salad greens. This way you will ensure you're getting your daily recommendation of essential vitamins and minerals.