




J-SEI FEBRUARY 2018 MENU

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

Suggested Donation

Aged 60+: \$5 | Under 60: \$

Monday	Tuesday	Wednesday	Thursday	Friday <i>(Delivery Only)</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.	<i>Menu Subject to Change</i>	1 ANKAKE UDON WITH FISH (Udon in a thick, fish-based broth) Kabocha * Soup & Fruit+	2 JAPANESE-STYLE SPAGHETTI & MEATBALLS w ASSORTED VEGETABLES* + Spring Mix Salad*+ Fruit
5 NIKU DANGO (Beef meatballs in lite sauce) Cabbage & carrot salad Baked Yam* Soup & Fruit	6 SANSAI (Mountain Vegetables) UDON w EGG* + Cucumber & Wakame Sunomono* (w vinegar) Lettuce and Romaine Salad*+, Fruit	7 CHICKEN, TOFU & SHITAKE Hijiki (Asian sea vegetable) Salad Steamed Butternut Squash* Soup & Fruit+	8 SOBORO DONBURI (Beef, egg, peas over rice)* Spinach & Romaine Salad with black beans, carrots, tomatoes*+ Soup & Fruit	9 SABA SHIOYAKI (Salt-Grilled Mackerel) Spinach & Carrot Salad*+ Kabocha* Fruit+
12 BEEF CABBAGE ROLLS IN TOMATO SAUCE+ Spring Mix Salad w. carrot, red bell pepper & garbanzo beans Soup & Fruit+ * previously scheduled for the 14th	13 CHICKEN & KABOCHA* Broccoli Goma-ae*+ Soup & Fruit	14 BAKED MISO SNAPPER Cucumber & Carrot Tsukemono (pickled vegetables) *+ Steamed Broccoli*+ Soup & Fruit *  * previously scheduled for the 12th	15 OYAKO DONBURI** (chicken & egg with vegetables over rice) Cucumber & Cabbage Salad *+ Steamed Broccoli*+ Soup & Fruit	16 CHICKEN YAKISOBA (Chicken and assorted fresh vegetables in stir fried noodles) Cabbage and Daikon Salad*+ Steamed Bok Choi*+ Fruit
19 PRESIDENTS' DAY J-SEI CLOSED 	20 BAKED SALMON w LEMON Soup Daikon & Carrot Sunomono*+ Steamed Mustard Greens*+ Soup & Fruit	21 MABO DOFU (Spicy tofu in meat-based sauce) Spinach Salad w. red onion, mushroom, shredded carrots, garbanzo beans Baked Butternut squash* Soup & Fruit	22 TSUKIMI UDON*+ (Noodle Soup with poached egg, kamaboko, age tofu, spinach) Edamame Spring Mix Salad* Soup & Fruit+	23 GOMOKU MESHI Lettuce & Romaine Salad with garbanzos*+ Edamame Fruit
26 ASSORTED SUSHI Edamame Spinach Shira-ae*+ Soup & Fruit+  BIRTHDAY CELEBRATION	27 GRILLED SLICED BEEF Spring Mix Salad*+ Baby Bok Choi*+ Soup & Fruit+	28 SWEET & SOUR SNAPPER & VEGETABLES*+ Baked Kabocha* Soup & Fruit+	Funding support from Alameda County & Contra Costa County Area Agencies on Aging	