

# J-SEI JANUARY 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>
<b>1</b> 	<b>2</b> <b>HAPPY NEW YEAR</b> <b>NO MEAL SERVICE JAN 1-3</b>	<b>3</b>	<b>4 ASSORTED SUSHI</b> Edamame Spinach Shira-ae*+ Soup & Fruit+  <b>JAN 4-5: HOME-DELIVERY CLIENTS ONLY</b>	<b>5 CHILLED SOBA</b> (Buckwheat Noodles) <b>W/ CHICKEN*</b> Broccoli+, Fruit Tofu Salad+*
<b>8 SABA MISO WITH LEMON</b> (Grilled mackerel in miso sauce) Cabbage & Carrot Salad*+ Baked Yams* Soup and Fruit+	<b>9 NIMONO WITH CHICKEN+</b> (Simmered vegetables with chicken, egg) Braised Baby Choi*+ Soup & Fruit+	<b>10 GYUNIKU TO YASAI*+</b> (Hearty simmered beef and vegetables in broth) Spinach Shira*-ae Fruit+	<b>11 SLICED BEEF, TOFU AND VEGETABLES OVER SOBA*</b> Hijiki Carrot and Cabbage Salad*+ Soup & Fruit	<b>12 HIYASHI SOMEN*</b> (Chilled noodles w egg, mandarin oranges, dipping sauce) Tofu Salad+* Fruit +
<b>15</b> <b>HAPPY MLK JR. DAY</b> <b>J-SEI CLOSED</b>	<b>16 BIRTHDAY SUSHI</b> Edamame Spinach Shira-ae*+ Soup & Fruit+ 	<b>17 ODEN W CHICKEN AND VEGETABLES</b> (Winter hot pot w/ boiled egg, daikon, konjac, fishcakes in soy-flavored broth ) Cabbage & Carrot Salad *+ Fruit+	<b>18 BUTA NABE*+</b> (Lean sliced pork, w/ carrots, nappa cabbage, tofu in broth) Hijiki Salad* Edamame* Fruit+	<b>19 CHUKAMEN W/ CHICKEN*</b> (Chilled egg noodles w/chicken, bean sprouts, wakame in broth) Cabbage & Carrot Salad+* Fruit
<b>22 CHICKEN NABEYAKI</b> (Udon, chicken, egg, age tofu, kamaboko, spinach in broth)*+ Cucumber, Carrot Tsukemono*+ Lettuce, Romaine, garbanzo*+ Salad Fruit	<b>23 TOFU &amp; EGGPLANT DENGAKU</b> (Miso Glaze) Hijiki* w Edamame Spring Mix Salad with Garbanzo Beans*+, Cucumbers Soup & Fruit	<b>24 SALMON SHIOYAKI</b> (Salt-grilled salmon) Daikon & Carrot Sunomono*+ Baked Butternut Squash* Soup & Fruit	<b>25 SUSHI BENTO BOX</b>  <b>NEW YEAR'S CELEBRATION LUNCHEON</b>	<b>26 HIYASHI CHUKA**</b> (Ham, egg, and vegetables over chilled noodles) Tofu Salad+* Fresh Fruit
<b>29 OYAKO DONBURI**</b> (Chicken & egg with vegetables over rice) Cucumber & Cabbage Salad *+ Steamed Broccoli*+ Soup & Fruit	<b>30 GYUDON</b> (Beef Rice Bowl with green onions, eggs w pickled ginger) Mustard Greens* Tofu Salad*+ Fruit+	<b>31 BEEF &amp; TOFU PATTY W/ MUSHROOM GRAVY</b> Spring Mix Salad w. carrots, red peppers & tomatoes*+ Braised Kabocha* Soup & Fruit	Vitamin +C source, Vitamin *A source, **>indicates+1000mg sodium Soy milk offered Mixed-grain rice served, unless indicated.	Funding support from Alameda County & Contra Costa County Area Agencies on Aging  <i>Menu Subject to Change</i>



## 5 Reasons to Eat More Color

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Turns out mom was right. We need to eat our fruits and vegetables. But why are these colorful, nutritious and delicious foods so important?

### 1. Full of the good.

Fruits and vegetables provide many beneficial nutrients, including vitamins, minerals, healthy fats, protein, calcium, fiber, antioxidants, and phytonutrients. Add fruits and veggies to meals and snacks for a nutritional power boost.

### 2. Free of the bad.

Fruits and vegetables typically contain no trans fat, low saturated fat, and very little or no sodium. The natural sugars they contain don't affect your health the same way added sugars do, especially if you eat the whole fruit or vegetable and not just the juice.

### 3. Won't weigh you down.

Fruits and vegetables tend to be low in calories, so they can help you manage your weight while still filling you up, thanks to the fiber and water they contain. Replacing higher-calorie foods with fruits and vegetables is an easy first step to a healthier eating plan.

### 4. Super flexible superfoods.

All forms of fruits and vegetables – fresh, frozen, canned, dried and 100% juice – can be part of a healthy diet. They can be eaten raw or cooked, whole or chopped, organic or not, and alone or in combination with other foods. They are among the most versatile, convenient and affordable foods you can eat.

### 5. A whole body health boost.

A healthy eating plan rich in fruits and vegetables can help lower your risk of many serious and chronic health conditions, including heart disease, stroke, obesity, high blood pressure, high blood cholesterol, diabetes, kidney disease, osteoporosis, and some types of cancer. They're also essential to many daily functions of a healthy body.