



[DRAFT] J-SEI JULY 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)
2 SALMON SHIOYAKI (Salt-Grilled) Daikon & Carrot Sunomono (in Vinegar)*+ Baked Butternut Squash* Soup & Fruit	3 SLICED BEEF, TOFU AND VEGETABLES OVER SOBA* Hijiki (Asian Sea Vegetable) Salad Carrot and Cabbage Salad*+ Soup & Fruit	4  Happy 4th of July J-SEI CLOSED	5 GYUNIKU TO YASAI*+ (Simmered Beef and Vegetables in Broth) Spinach Shira-ae (Mashed Tofu)* Soup & Fruit+	6 NIMONO (Simmered Vegetables) w CHICKEN & EGG+ Braised Bok Choy*+ Fruit+
9 BEEF & TOFU PATTY w MUSHROOM GRAVY Spring Mix Salad w Carrots, Bell Pepper & Tomatoes*+ Braised Kabocha Squash* Soup & Fruit	10 SWEET & SOUR SNAPPER w VEGETABLES*+ Baked Kabocha (Winter Squash)* Soup & Fruit+	11 ASSORTED SUSHI Edamame Spinach Shira-ae (Mashed Tofu)*+ Soup & Fruit+ BIRTHDAY CELEBRATION 	12 CHICKEN, TOFU, & SHIITAKE MUSHROOM Hijiki (Asian Sea Vegetable) Salad* Steamed Mustard Greens*+ Soup & Fruit+	13 BEEF & KABOCHA (Winter Squash)* Broccoli Goma-ae (w Sesame Seeds)*+ 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 CHICKEN TERIYAKI Lettuce & Romaine Salad with Garbanzos*+ Cabbage & Carrot Salad*+ Steamed Mustard Greens* Soup & Fruit+	18 SABA SHIOYAKI (Salt-Grilled Mackerel) Spinach & Carrot Salad*+ Kabocha (Winter Squash)* Soup & Fruit+	19 GYUDON (Beef Rice Bowl w Onion, Egg, & Pickled Ginger) Mustard Greens* Tofu Salad*+ Soup & Fruit+	20 UNAGI (Eel) & TOFU DONBURI (Over Rice) Daikon and Carrot Sunomono (in Vinegar)*+ Steamed Broccoli*+ Fruit+
23 OYAKO DONBURI* (Chicken & Steamed Egg w Vegetables over Rice) Cucumber & Cabbage Salad *+ Steamed Broccoli*+ Soup & Fruit	24 GINGER BEEF W/TOFU, GREEN ONIONS & SHIITAKE Cabbage & Carrot Salad *+ Yams* Soup & Fruit+	25 TOFU & EGGPLANT DENGAKU (Miso Glaze) Hijiki (Asian Sea Vegetable)* w Edamame Spring Mix Salad w Garbanzo*+ Soup & Fruit	26 BUTA DOFU*+ (Japanese Pork & Tofu) Steamed Bok Choy* Spring Mix Salad with Tomatoes and Cucumber*+ Soup & Fruit+	27 CHICKEN MISOYAKI (Miso Marinade) Broccoli Goma-ae (w Sesame Seeds)*+ Spinach & Romaine Salad*+ Fruit
30 JAPANESE-STYLE SPAGHETTI & MEATBALLS w VEGETABLES*+ Spring Mix Salad*+ Soup & Fruit 	31 CHICKEN & KABOCHA (Winter Squash)* Broccoli Goma-ae (w Sesame Seeds)*+ Soup & Fruit	Vitamin +C source, Vitamin *A source, **>indicates+1000mg sodium Soy milk offered Mondays	Japanese-style soup is served Monday through Thursday Mixed-grain rice served Unless otherwise indicated	Menu Subject to Change Funding support from Alameda County & Contra Costa County Area Agencies on Aging