
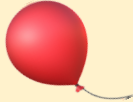





J-SEI JUNE 2018 MENU

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>
<p>Funding support from Alameda County & Contra Costa County Area Agencies on Aging</p>	<p>Vitamin +C source, Vitamin *A source, **>indicates+1000mg sodium Soy milk offered</p>	<p>Miso-based soup is served Monday through Thursday</p> <p>Mixed-grain rice served, unless indicated.</p>	<p><i>Menu Subject to Change</i></p> 	<p>1 CURRY w CHICKEN & VEGETABLES Spinach & Romaine Salad w Garbanzos*+ Fruit</p>
<p>4 JAPANESE-STYLE SPAGHETTI & MEATBALLS w ASSORTED VEGETABLES*+ Spring Mix Salad*+ Soup & Fruit+</p>	<p>5 CHICKEN & KABOCHA* Broccoli Goma-ae*+ Spring Mix Salad*+ Soup & Fruit <small>prev sch'l'd for 6/20</small></p>	<p>6 SABA SHIOYAKI (Salt-Grilled Mackerel) Spinach & Carrot Salad*+ Kabocha* Soup & Fruit+</p>	<p>7 CHICKEN, TOFU & SHITAKE Hijiki (Asian sea vegetable) Salad Steamed Butternut Squash* Soup & Fruit+</p>	<p>8 SOBORO DONBURI (Beef, egg, peas over rice)* Spinach & Romaine Salad with black beans, carrots, tomatoes*+ Fruit</p>
<p>11 TSUKIMI UDON*+ (Noodle Soup with poached egg, kamaboko, age tofu, spinach) Edamame Spring Mix Salad* Soup & Fruit+</p>	<p>12 NIKU DANGO (Beef meatballs in lite sauce) Cabbage & carrot salad Baked Yam* Soup & Fruit</p>	<p>13 CHICKEN MISOYAKI (Miso Marinade) Broccoli Goma-ae Spinach & Romaine Salad w Garbanzos*+ Soup & Fruit</p>	<p>14 BAKED MISO SNAPPER Cucumber & Carrot Tsukemono (pickled vegetables) *+ Steamed Broccoli*+ Soup & Fruit *</p>	<p>15 OYAKO DONBURI** (chicken & egg with vegetables over rice) Cucumber & Cabbage Salad *+ Steamed Broccoli*+ Fruit</p>
<p>18 BEEF CABBAGE ROLLS+ (Ground beef in Cabbage & Tomato Sauce) Spring Mix Salad w. carrot, red bell pepper & garbanzo beans Soup & Fruit+</p>	<p>19 UNAGI (Eel) & TOFU DONBURI (Over Rice) Daikon and Carrot Sunomono (in Vinegar)*+ Steamed Broccoli*+ Soup & Fruit+</p>	<p>20 GINGER BEEF W/TOFU, GREEN ONIONS & SHITAKE Cabbage& Carrot Salad *+ Yams* Soup & Fruit+ <small>prev sch'l'd for 6/5</small></p>	<p>21 MABO DOFU (Spicy Tofu & Peas in Meat-Based Sauce) Spinach Salad w. Red Onion, Mushroom, Carrots, & Garbanzo Baked Butternut squash* Soup & Fruit</p>	<p>22 SWEET & SOUR SNAPPER & VEGETABLES*+ Baked Kabocha* Fruit+</p>
<p>25 ASSORTED SUSHI Edamame Spinach Shira-ae (Mashed Tofu)*+ Soup & Fruit+  BIRTHDAY CELEBRATION</p>	<p>26 GRILLED SLICED BEEF Spring Mix Salad*+ Baby Bok Choi*+ Soup & Fruit+</p>	<p>27 TOFU & EGGPLANT DENGAKU (Miso Glaze) Hijiki (Asian Sea Vegetable) * w Edamame Spring Mix Salad with Garbanzo*+, Cucumbers Soup & Fruit</p>	<p>28 BEEF & KABOCHA (Winter Squash)* Cabbage & Carrot Salad*+ Soup & Fruit+</p>	<p>29 YOSENABE w CLEAR NOODLES* (Japanese Hot Pot w Veggies, Chicken, Fish, & Tofu) Cucumber & Carrot Tsukemono*+ Fruit </p>

