




# J-SEI MAY 2018 MENU

**Suggested Donation**  
**Aged 60+: \$5 | Under 60: \$8**

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

 <b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday (Delivery Only)</b>
<p>Miso-Based soup is served Monday through Thursday</p> <p>Mixed-grain rice served, unless indicated.</p>	<p><b>1 BAKED SALMON W/DILL CREAM SAUCE</b>            Steamed Broccoli *+            Baked Yams*            Soup &amp; Fruit</p>	<p><b>2 CHICKEN, TOFU, &amp; SHIITAKE MUSHROOM</b>            Hijiki (Asian Sea Vegetable) Salad*            Steamed Mustard Greens*+            Soup &amp; Fruit+</p>	<p><b>3 SLICED BEEF, TOFU AND VEGETABLES OVER SOBA*</b>            Hijiki (Asian Sea Vegetable) Salad            Carrot and Cabbage Salad*+            Fruit</p>	<p><b>4 CHICKEN MISOYAKI (Miso Marinade)</b>            Spinach &amp; Romaine Salad with Garbanzos*+            Broccoli Goma-ae (w Sesame Seeds)*+   Fruit</p>
<p><b>7 OYAKO DONBURI*</b>            (Chicken &amp; Egg w Vegetables over Rice)            Cucumber &amp; Cabbage Salad *+            Steamed Broccoli*+            Soup &amp; Fruit</p>	<p><b>8 GYUNIKU TO YASAI*+ (Simmered Beef and Vegetables in Broth)</b>            Spinach Shira-ae (Mashed Tofu)*            Soup &amp; Fruit</p>	<p><b>9 BAKED GINGER SNAPPER w LEMON SHOYU</b>            Cucumber &amp; Carrot Tsukemono (Pickled Vegetables) *+            Steamed Broccoli*+            Soup &amp; Fruit</p>	<p><b>10 BUTA DOFU*+ (Japanese Pork &amp; Tofu)</b>            Steamed Bok Choy*            Spring Mix Salad with Tomatoes and Cucumber*+            Soup &amp; Fruit</p>	<p><b>11 SOBORO DONBURI (Beef, Egg, &amp; Peas over Rice)*</b>            Spinach &amp; Romaine Salad with black beans, carrots, tomatoes*+            Fruit</p>
<p><b>14 TSUKIMI UDON*+ (Udon Noodles w Egg, Kamaboko [Fish Cake], Fried [Agé] Tofu, Spinach)</b>            Edamame            Spring Mix Salad*+            Fruit</p>	<p><b>15 CHICKEN &amp; KABOCHA (Winter Squash)*</b>            Broccoli Goma-ae (w Sesame Seeds)*+            Soup &amp; Fruit</p>	<p><b>16 TOFU &amp; EGGPLANT DENGAKU (Miso Glaze)</b>            Hijiki (Asian Sea Vegetable) * w Edamame            Spring Mix Salad with Garbanzo*+, Cucumbers            Soup &amp; Fruit+</p>	<p><b>17 MISO SABA (Mackerel)</b>            Cabbage &amp; Carrot Salad*+            Baked Yams*            Soup &amp; Fruit+</p>	<p><b>18 GYUDON (Beef Rice Bowl w Onion, Egg, &amp; Pickled Ginger)</b>            Mustard Greens*            Tofu Salad*+            Fruit</p>
<p><b>21 MABO DOFU (Spicy Tofu in Meat-Based Sauce and Peas)</b>            Spinach Salad w. Red Onion, Mushroom, Carrots, &amp; Garbanzo            Baked Butternut squash*            Soup &amp; Fruit</p>	<p><b>22 BUTA NABE*+ (Sliced Pork w Carrots, Nappa Cabbage, &amp; Tofu in Broth)</b>            Hijiki (Asian Sea Vegetable) &amp; Edamame Salad*            Soup &amp; Fruit+</p> <p style="text-align: right;">&lt;&gt; High sodium meal</p>	<p><b>23 ASSORTED SUSHI</b>            Edamame            Spinach Shira-ae (Mashed Tofu)*+            Soup &amp; Fruit+</p> <p style="text-align: center;"><i>Birthday Celebration</i> </p>	<p><b>24 CHICKEN TERIYAKI</b>            Cabbage &amp; Carrot Salad*+            Steamed Mustard Greens*            Soup &amp; Fruit</p>	<p><b>25 BAKED SALMON w LEMON Daikon &amp; Carrot Sunomono (in Vinegar)*+</b>            Braised Bok Choy+            Fruit</p>
<p><b>28</b></p> <p style="text-align: center;"><b>Memorial Day</b>  <b>J-SEI CLOSED</b></p>	<p><b>29 JAPANESE-STYLE SPAGHETTI &amp; MEATBALLS w VEGETABLES*+</b>            Spring Mix Salad*+            Soup &amp; Fruit</p>	<p><b>30 BEEF &amp; TOFU PATTY w MUSHROOM GRAVY</b>            Spring Mix Salad w Carrots, Bell Pepper &amp; Tomatoes*+            Kabocha squash *            Soup &amp; Fruit</p>	<p><b>31 GRILLED SLICED BEEF</b>            Spring Mix Salad*+            Baby Bok Choy*+            Soup &amp; Fruit</p> 	<p style="text-align: center;">Vitamin +C source,            Vitamin *A source,            **&gt;indicates+1000mg sodium            Soy milk offered            Menu Subject to Change</p>

# Stay Hydrated

## Eat More Fruits and Vegetables & Re-Think Your Drink

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As we get older we are more prone to dehydration. It is necessary to pay careful attention to how much fluid we drink. Dehydration can make us weak and confused, cause urinary tract infections, low blood pressure, and can lead to severe health risks like heat stroke. Also, people with dementia and Alzheimer's may forget they need to drink, which can cause a major health issue.

### **Make half your plate fruits and vegetables.**

Eat a variety of vegetables, especially dark-green, red and orange vegetables plus beans and peas.

How you can meet your water needs daily:

- Drink something with every meal, snack or pill you have.
- When you feel thirsty don't wait; this is your body's signal that it needs water.
- Eat foods with high moisture content like fruits or vegetables.
- Drink 6 – 8 glasses of fluids per day (unless medical conditions, such as congestive heart failure, rule out this amount). Drink frequently during the daytime, rather than drinking large amounts at one time.
- Keep water bottles and/or a water cooler available throughout the day wherever you are (in bed, on the patio, in a favorite seating area in the house).

### **Re-Think Your Drink!**

The single biggest dietary source of sugar is sugary drinks. Extra calories from all this sugar may lead to weight gain, which can increase risk for health problems such as type 2 diabetes and heart disease.

Make a healthier choice!

- Water is the best! – Add a slice of orange, lemon, lime or cucumber to your water for great flavor and no calories.
- Non-fat or low-fat milk
- 100% fruit juice (limit juice to ½ cup)
- Unsweetened iced tea
- Diet soda (once in awhile)

