

# J-SEI NOVEMBER 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)
Vitamin +C source, Vitamin *A source, **>indicates+1000mg sodium Soy milk offered Mondays	Miso-Based soup is served Monday through Thursday  Mixed-grain rice served unless indicated. 	<i>Menu Subject to Change</i>	<b>1 CHICKEN MISOYAKI</b> (Miso Marinade) Broccoli Goma-ae (w Sesame Seeds)*+ Spinach & Romaine Salad*+ Soup & Fruit	<b>2 GRILLED SLICED BEEF</b> Spring Mix Salad Baby Bok Choy*+ Fruit 
<b>5 CHICKEN CREAM STEW</b> Cabbage Salad+ Steamed Mustard Greens* Soup & Fruit	<b>6 BAKED SALMON W/DILL CREAM SAUCE</b> Mixed Green Salad with cucumbers, tomatoes+ Baked Yams* Soup & Fruit	<b>7 YOSENABE w CLEAR NOODLES*+</b> (Japanese Hot Pot w Vegetables, Chicken, Fish, & Tofu) Cucumber Wakame Sunomono (in Vinegar) Fruit+	<b>8 HARVEST DAY LUNCHEON TURKEY w. Gravy</b> Amy's Cranberry sauce Mashed Potatoes+ & Stuffing Mixed Green Salad*+ Pumpkin Dessert*	<b>9 BAKED MISO SNAPPER</b> Cucumber & Carrot Sunomono (in Vinegar)*+ Steamed Broccoli*+ Fruit
<b>12 PORK CURRY*+</b> (Japanese style curry w/ assorted veggies) Fukujinzuke (Pickled daikon) Spring Salad w Cucumber, tomato &, beans*+ Soup & Fruit 	<b>13 MISO RAMEN w CHICKEN *</b> Broccoli+ Spinach Shira-ae (Mashed Tofu)*+ Fruit+	<b>14 BEEF &amp; TOFU PATTY w MUSHROOM GRAVY</b> Spring Mix Salad w Carrots, Bell Pepper & Tomatoes*+ Kabocha (Winter Squash)* Soup & Fruit	<b>15 MISO SABA (Mackerel) w LEMON</b> Cabbage & Carrot Salad*+ Baked Yams* Soup & Fruit+	<b>16 CHICKEN TERIYAKI</b> Lettuce & Romaine Salad with Garbanzos*+ Steamed Mustard Greens* Fruit
<b>19 ANKAKE UDON WITH FISH*</b> (Fish over Thick-Broth Udon w carrots, onion, shitake) Baked Kabocha (Winter Squash)* Fruit+	<b>20 NIKU DANGO</b> (Beef Meatballs) Cabbage & Carrot Salad*+ Baked Yam* Soup & Fruit+	<b>21 MABO DOFU</b> (Spicy Tofu in Meat-Based Sauce and Peas) Spinach Salad w. Red Onion, Mushroom, Carrots, & Garbanzo+ Baked Butternut Squash, Soup & Fruit	<b>22</b>  <b>J-SEI WILL BE CLOSED</b>	<b>23</b>  <b>J-SEI WILL BE CLOSED</b>
<b>26 NIMONO</b> (Simmered Vegetables) w <b>CHICKEN &amp; EGG+</b> Braised Bok Choy*+ Soup & Fruit	<b>27 ASSORTED SUSHI</b> Edamame Spinach Shira-ae (Mashed Tofu)*+ Soup & Fruit+ <i>Birthday Celebration</i> 	<b>28 ODEN w EGG &amp; VEGETABLES*+</b> (Winter Hot Pot w Egg, Daikon, Konjac, Fish Cakes in a Soy-Based Broth) Cabbage & Carrot Salad *+ Fruit	<b>29 CHICKEN YAKISOBA</b> (Stir-Fried Noodles, Chicken, & Veggies) Cabbage and Daikon Salad+ Steamed Bok Choy*+ Soup & Fruit	<b>30 SOBORO DONBURI</b> (Beef, Egg, & Peas over Rice) Spinach & Romaine Salad with black beans, carrots, tomatoes* Steamed Broccoli+ Fruit

# EGGS: A Healthy Addition to Your Diet

Over the years, recommendations have gone back in forth, suggesting people eat eggs or don't eat them. The main concern is the high amount of cholesterol contained in eggs (200 mg of cholesterol per egg). However, research has found that cholesterol in food does not raise your blood cholesterol levels. The fact is, eggs are one are an exceptionally nutrient-rich foods, packed with an excellent source of protein and various vitamins and minerals.

## Whole eggs have two parts:

- **Egg white:** The white part, made up of mostly protein.
- **Egg yolk:** The yellow/orange part contains lots of other nutrients.

## A few of the benefits of eating eggs include

- Adding eggs to your meals, help you feel full and satisfied for longer. This is due to the protein and fat eggs contain that slow down digestion.
- They can help prevent eye disease.
- Eggs can reduce your risk of stroke and heart disease
- They contain protein, vitamin B12, riboflavin, folate, iron, and selenium. Along with antioxidants, lutein and zeaxanthin.

**How to add eggs to your diet:** There are countless ways to incorporate eggs into your meals each day. They are delicious for breakfast, lunch or dinner. You can scramble, hard-boil, poach or pan-fry them in minutes and add them to toast, rice dishes, salads and so much more.

**The bottom line:** there are more benefits to eating eggs than anything negative about eggs. Studies clearly show that eating up to 3 whole eggs per day is perfectly safe.

Prepared by Tara Marino, RD

Source: <https://www.healthline.com/nutrition/10-proven-health-benefits-of-eggs#section2>

