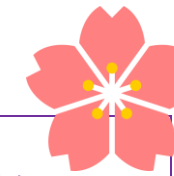



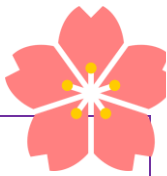







J-SEI SEPTEMBER 2018 MENU

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> 
Vitamin +C source, Vitamin *A source, **>indicates+1000mg sodium Soy milk offered	Miso-Based soup is served Monday through Thursday	Mixed-grain rice served, unless indicated. 	Funding support from Alameda County & Contra Costa County Area Agencies on Aging	<i>Menu Subject to Change</i>
3  J-SEI WILL BE CLOSED	4 BAKED FISH WITH LEMON Cucumber Wakame Sunomono (in Vinegar) Steamed Broccoli+ Soup & Fruit 	5 GOMOKU MESH+* (Five-Ingredient Mixed Rice with Chicken and Veggies) Tofu Salad w Tomatoes, Carrots, Cucumber & Edamame+* Soup & Fruit	6 GYUNIKU TO YASAI*+ (Simmered Beef and Vegetables in Broth) Spinach Shira-ae (Mashed Tofu)*+ Soup & Fruit	7 TSUKIMI UDON (Udon Noodles w Egg, Kamaboko [Fish Cake], Fried [Age] Tofu, Spinach) Edamame Spring Mix Salad*+ Fruit
10 GYUDON (Beef Rice Bowl w Onion, Egg, & Pickled Ginger) Steamed Mustard Greens* Spinach Shira-ae (Mashed Tofu)+* Soup & Fruit	11 ASSORTED SUSHI Edamame Spinach Shira-ae (Mashed Tofu)*+ Soup & Fruit+ Birthday Celebration 	12 BAKED SALMON W/DILL CREAM SAUCE Mixed Green Salad with cucumbers, tomatoes+ Baked Yams* Soup & Fruit	13 CHICKEN MISOYAKI (Miso Marinade) Broccoli Goma-ae (w Sesame Seeds)*+ Spinach & Romaine Salad*+ Soup & Fruit	14 GINGER BEEF W/TOFU, GREEN ONIONS & SHITAKE Cabbage & Carrot Salad *+ Yams* Soup & Fruit+
17 CHICKEN CREAM STEW Cabbage Salad+ Steamed Mustard Greens* Soup & Fruit	18 BEEF, TOFU & SHITAKE Cucumber & Wakame Sunomono (in Vinegar) Steamed Butternut Squash* Soup & Fruit+	19 YOSENABE w CLEAR NOODLES*+ (Japanese Hot Pot w Vegetables, Chicken, Fish, & Tofu) Cucumber Wakame Sunomono (in Vinegar) & Fruit+	20 BUTA NABE (Sliced Pork w Carrots, Napa Cabbage, & Tofu in Broth) Hijiki (Asia Sea Vegetable) & Edamame Salad Soup & Fruit+	21 MISO SABA (Mackerel) w LEMON Cabbage & Carrot Salad*+ Baked Yams* Soup & Fruit+
24 SALMON SHIOYAKI (Salt- Grilled) Daikon & Carrot Sunomono (in Vinegar) Baked Butternut Squash* Soup & Fruit+	25 OYAKO DONBURI (Chicken & Egg w Vegetables over Rice) Cucumber & Cabbage Salad + Steamed Broccoli*+ Soup & Fruit	26 CHILLED MISO RAMEN w CHICKEN * Broccoli+ Spinach Shira-ae (Mashed Tofu)*+ Fruit 	27 SLICED BEEF, TOFU AND VEGETABLES OVER SOBA*+ Hijiki (Asian Sea Vegetable) Carrot and Cabbage Salad*+ Soup & Fruit+	28 CHICKEN TERIYAKI Lettuce & Romaine Salad with Garbanzos*+ Steamed Mustard Greens* Soup & Fruit

Understanding the Nutrition Label

1 - Start with the serving information at the top.

2 - Next, check total calories per serving and container.

3 - Limit certain nutrients.

Check key nutrients and understand what you're looking for. **Not all fats are bad**, and total sugars can include both natural and **added sugars**. Limit the amounts of added sugars, **saturated fat**, and **sodium** you eat, and avoid **trans fat**.

4 - Get enough of the beneficial nutrients.

Make sure you get enough of the nutrients your body needs, such as: calcium, choline, dietary fiber, iron, magnesium, potassium, and vitamins A, C, D and E.*

5 - Understand % Daily Value.

The % Daily Value (DV) tells you the percentage of each nutrient in a single serving, in terms of the daily-recommended amount.

Nutrition Facts	
6, 12, 18 or 24 servings per container	
Serving size	1 egg (50g)
Amount Per Serving	
Calories	60
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1g	6%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 170mg	57%
Sodium 65mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	13%
Vitamin D 6mcg	30%
Calcium 28mg	2%
Iron 1mg	6%
Potassium 69mg	2%
Vitamin E 5mg	35%
Riboflavin 0.3mg	25%
Folate 45mcg	10%
Vitamin B12 1mcg	40%
Biotin 10mcg	35%
Pantothenic Acid 1mg	20%
Iodine 60mcg	40%
Zinc 1mg	10%
Selenium 22mcg	40%
Molybdenum 8mcg	20%
Choline 147mg	25%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Saturated Fat 25% less than ordinary eggs: 1g vs 1.5g (quantities rounded)	

*Source: 2015-2020 Dietary Guidelines for Americans

Modified from this source: <http://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/understanding-food-nutrition-labels>