



J-SEI JANUARY 2019 MENU

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



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

Monday	Tuesday	Wednesday	Thursday	Friday (Delivery Only)
Vitamin +C source, Vitamin *A source, **> indicates +1000mg sodium Soy milk offered Mondays	1  J-SEI WILL BE CLOSED	2 J-SEI WILL BE CLOSED	3 J-SEI WILL BE CLOSED	4 J-SEI WILL BE CLOSED
7 SOBORO DONBURI (Beef, Egg, & Peas over Rice) Spinach & Romaine Salad with black beans, carrots, tomatoes*+ Steamed Broccoli+ Soup & Fruit	8 CHICKEN MISO RAMEN (w chicken, bamboo shoots, corn, & broccoli) Spinach Shira-ae (Mashed Tofu)*+ Fruit+	9 BEEF & TOFU PATTY w MUSHROOM GRAVY Spring Mix Salad w Carrots, Bell Pepper & Tomatoes*+ Kabocha (Winter Squash)* Soup & Fruit	10 MISO SABA (Mackerel) w LEMON Cabbage & Carrot Salad*+ Baked Yams* Soup & Fruit	11 NIMONO (Simmered Vegetables) w CHICKEN & EGG+ Braised Bok Choy+ Fruit
14 YOSENABE w CLEAR NOODLES*+ (Japanese Hot Pot w Vegetables, Chicken, Fish, & Tofu) Cucumber Wakame Sunomono (in Vinegar) Fruit+	15 ASSORTED SUSHI Edamame Spinach Shira-ae (Mashed Tofu)*+ Soup & Fruit+ Birthday Celebration 	16 PORK CURRY*+ (Japanese style curry w veggies) Fukujinzuke (pickled daikon) Spring Mix Salad w. Cucumber, tomato & beans*+ Soup & Fruit	17 CHICKEN YAKISOBA (Stir- Fried Noodles, Chicken, & Veggies) Cabbage and Daikon Salad+ Steamed Bok Choy*+ Soup & Fruit	18 OYAKO DONBURI (Chicken & Egg w Vegetables over Rice) Cucumber & Cabbage Salad+ Steamed Broccoli+ Fruit
21  J-SEI WILL BE CLOSED	22 BAKED MISO SNAPPER Cucumber & Carrot Sunomono (in Vinegar)*+ Steamed Broccoli+ Soup & Fruit	23 ODEN w EGG & VEGETABLES*+ (Winter Hot Pot w Egg, Daikon, Konjac, Fish Cakes in a Soy-Based Broth) Cabbage & Carrot Salad *+ Fruit	24 SUSHI BENTO BOX  NEW YEAR CELEBRATION LUNCHEON	25 MABO DOFU (Spicy Tofu in Meat-Based Sauce and Peas) Spinach Salad w. Red Onion, Mushroom, Carrots, & Garbanzo+ Baked Butternut Squash Fruit
28 SANSAI (Mountain Vegetables) UDON w EGG* Cucumber & Wakame Sunomono (in Vinegar) Spring Salad Fruit +	29 NIKU DANGO (Beef Meatballs) Cabbage & Carrot Salad+* Baked Yam* Soup & Fruit+	30 CHICKEN & KABOCHA (Winter Squash)* Broccoli Goma-ae (w Sesame Seeds)+ Soup & Fruit	31 GINGER BEEF W/TOFU, GREEN ONIONS & SHIITAKE Cabbage & Carrot Salad*+ Baked Yams* Soup & Fruit+	Mixed-grain rice served unless indicated. Miso-Based soup is served Monday through Thursday <i>Menu Subject to Change</i>

Spices for Flavor and Health

Tara Marino, RDN

For many of us, spices such as cinnamon, nutmeg, and ginger remind us of the chilly fall and winter months, but they are great all year round. Not only for adding flavor to a dish but the many health benefits within those earthy scented spices. Spices provide an abundance of flavor while helping you to cut back on sugar, fat, and salt in your cooking. Let's look at a few popular spices and their other evidence-based health benefits.

Cinnamon

This sweet spice contains a phytochemical that can reduce blood sugar and cholesterol levels. Studies have even shown this spice to slow the progression of neurodegenerative diseases such as Alzheimer's.



Ginger

A spice that can actually add quite a bit of heat to your cooking along with its potential to ease nausea and act as an anti-inflammatory agent.

Coriander

When we eat this fresh, it's cilantro but the seeds of the cilantro plant are coriander. It's shown to have anti-inflammatory, antibacterial, anti-allergic, and antioxidant properties.

Cumin



A powerfully flavorful ingredient that's used in a variety of cultures, this spice also contains a phytochemical that acts as an antioxidant and an anti-inflammatory.

Turmeric

Turmeric will not only add a bright, golden color to roasted vegetables and soups but there's evidence to show it acts as an anti-inflammatory. We often take ibuprofen or other medications to fight inflammation but we can also get some relief from adding turmeric to our foods.



Black Pepper

This common household spice is used in just about every savory-cooking dish, and it's also another antioxidant and anti-inflammatory. Combining turmeric and pepper increases their ability to fight inflammation and disease.

So now you're probably wondering how much do you need to eat to get the benefits. Spices are potent and minimal amounts are needed to reap the benefits of these incredible spices. Simply add a sprinkle regularly to your everyday meals.