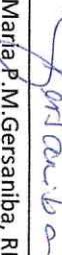



SH Enterprises, Inc.

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DSC-Elderly Nutrition Program: Lunch-Home Delivered Meals (C-2) for AUGUST 2022

MON	TUE	WED	THURS	FRI	SAT	SUN
1 Lemon Herb Fish 1 cup Steamed Rice 1/2cup Cabbage Salad 1/2cup Fresh Fruit Low fat Milk 8oz	2 Beef-Macaroni Casserole 1 pc Bread 1/2cup Peas & Carrots 1/2cup Canned Fruit Low fat Milk 8oz	3 Pork w/ Oyster Sauce 1 cup Steamed Rice 1/2cup Green beans 1/2cup Canned Fruit Low fat Milk 8oz	4 Baked Chicken 1 cup Steamed Rice 1/2cup Cut Corn 1pc Fresh Fruit Low fat Milk 8oz	5 Glazed Ham/Pineapple 1 cup Steamed Rice 1/2 cup Cauliflower 1pc Fresh Fruit	6 Chicken Pancit 1 pc Bread 1/2 cup Carrots 1pc Fresh Fruit Low fat Milk 8oz	7 Pork Atritada 1 cup Steamed Rice 1/2 cup Green Peas 1/2cup Canned Fruit Low fat Milk 8oz
8 Glazed Chicken Bits 1 cup Steamed Rice 1/2cup Cut Corn 1/2cup Canned Fruit Low fat Milk 8oz	9 Ground Beef Tinaktak 1 cup Steamed Rice 1/2cup Green Beans 1/2cup Fresh Fruit Low fat Milk 8oz	10 Baked Fish In Turmeric 1 cup Steamed Rice 1/2cup Cabbage Salad 1pc Fresh Fruits Low fat Milk 8oz	11 Pork Menuudo 1 cup Steamed Rice 1/2cup Peas & Carrots 1/2cup Canned Fruit Low fat Milk 8oz	12 Chicken Chopsuey 1 cup Steamed Rice 1/2cup Broccoli 1/2 cup Canned Fruit Low fat Milk 8oz	13 Pork Estufao 1 cup Steamed Rice 1/2 cup Carrots 1pc Fresh Fruit Low fat Milk 8oz	14 Chicken Sinigang 1 cup Steamed Rice 1/2 c Cabbage 1/2cup Canned Fruit Low fat Milk 8oz
15 Baked Fish 1 cup Steamed Rice 1/2cup Peas & Carrots 1pc Fresh Fruit Low fat Milk 8oz	16 Lemon Oregano Chicken 1 cup Steamed Rice 1/2cup Green beans 1/2cup Canned Fruit Low fat Milk 8oz	17 Glazed Ham w/ P-apple 1 cup Steamed Rice 1/2 cup Broccoli 1pc Fresh Fruit Low fat Milk 8oz	18 Gr. Beef w/ Vegetables 1 cup Steamed Rice 1/2cup Peas & Carrots 1pc Fresh Fruit Low fat Milk 8oz	19 Sweet-Sticky Chicken 1 cup Steamed Rice 1/2cup Cauliflower 1/2cup Canned Fruit Low fat Milk 8oz	20 Pork Pancit 1 pc Bread 1/2cup Green Beans 1pc Fresh Fruit Low fat Milk 8oz	21 Chicken Estufao 1 cup Steamed Rice 1/2 cup Cauliflower 1/2cup Canned Fruit Low fat Milk 8oz
22 Spaghetti -Beef Tom Sce 1 pc Bread 1/2 cup Green Peas 1/2cup Canned Fruit Low fat Milk 8oz	23 Pork Kadu 1 cup Steamed Rice 1/2 c Cabbage 1pc Fresh Fruit Low fat Milk 8oz	24 Sesame Garlic Chicken 1 cup Steamed Rice 1/2cup Cut Corn 1/2cup Canned Fruit Low fat Milk 8oz	25 Ground Beef Picadillo 1 cup Steamed Rice 1/2 cup Green Peas 1pc Fresh Fruit Low fat Milk 8oz	26 Fish Escabeche 1 cup Steamed Rice 1/2cup Cabbage Salad 1/2cup Fresh Fruit Low fat Milk 8oz	27 Stirry Chicken 1 cup Steamed Rice 1/2cup Green beans 1/2cup Canned Fruit Low fat Milk 8oz	28 Pork Menuudo 1 cup Steamed Rice 1/2 cup Carrots 1pc Fresh Fruit Low fat Milk 8oz
29 Chicken Cacciatore 1 cup Steamed Rice 1/2 cup Green Peas 1/2cup Canned Fruit Low fat Milk 8oz	30 Tuna Pasta Carbonara 1 pc Bread 1/2cup Broccoli 1/2cup Canned Fruit Low fat Milk 8oz	31 Ground Beef w/ Veggies 1 cup Steamed Rice 1/2cup Peas & Carrots 1/2cup Canned Fruit Low fat Milk 8oz				

Reviewed & Approved by:  Maria P. M. Gersaniba, RDN LD Lic#884140

Acknowledged by:  Hui S. Min -Vice President SH Ent., Inc.


DSC-Elderly Nutrition Program: Lunch-Home Delivered Meals (C-2)- Vegetarian for AUGUST 2022

MON	TUE	WED	THURS	FRI	SAT	SUN
1	2	3	4	5	6	7
Lemon Herb Tofu	Macaroni Casserole	Eggplant/ Oyster Sauce	Baked Squash/Gr.Beans	Glazed Tofu/Pineapple	Vegetable Pancit	Mixed Beans Afritada
1 cup Steamed Rice	1 pc Bread	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 pc Bread	1 cup Steamed Rice
1/2cup Cabbage Salad	1/2cup Peas & Carrots	1/2cup Green beans	1/2cup Cut Corn	1/2 cup Cauliflower	1/2 cup Carrots	1/2 cup Green Peas
1/2cup Fresh Fruit	1/2cup Canned Fruit	1/2cup Canned Fruit	1pc Fresh Fruit	1pc Fresh Fruit	1pc Fresh Fruit	1/2cup Canned Fruit
Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz		Low fat Milk 8oz	Low fat Milk 8oz
8	9	10	11	12	13	14
Glazed Tofu	Green Beans Tinaktak	Baked Tofu In Turmeric	Kidney Beans Menundo	Vegetable Chopsuey	Eggplant Estufao	Vegetable Sinigang
1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
1/2cup Cut Corn	1/2cup Carrots	1/2cup Cabbage Salad	1/2cup Peas & Carrots	1/2cup Broccoli	1/2 cup Carrots	1/2 c Cabbage
1/2cup Canned Fruit	1/2cup Fresh Fruit	1pc Fresh Fruits	1/2cup Canned Fruit	1/2 cup Canned Fruit	1pc Fresh Fruit	1/2cup Canned Fruit
Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz
15	16	17	18	19	20	21
Sweet & Sour Tofu	Squash Curry	Glazed Tofu/Pineapple	Stirfry Veggies	Sauteed Mongo Beans	Vegetable Pancit	Tofu Estufao
1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
1/2cup Peas & Carrots	1/2cup Green beans	1/2 cup Broccoli	1/2cup Peas & Carrots	1/2cup Cauliflower	1/2cup Green Beans	1/2 cup Cauliflower
1pc Fresh Fruit	1/2cup Canned Fruit	1pc Fresh Fruit	1pc Fresh Fruit	1/2cup Canned Fruit	1pc Fresh Fruit	1/2cup Canned Fruit
Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz
22	23	24	25	26	27	28
Spaghetti/Tomato Sauce	Potato/Veggie Kadu	Sesame Garlic Squash	Mixed Beans Picadillo	Tofu Escabeche	Stirfry Mix Vegetables	Kidney Beans Menundo
1 pc Bread	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
1/2 cup Green Peas	1/2 c Cabbage	1/2cup Cut Corn/Carrots	1/2 cup Green Peas	1/2cup Cabbage Salad	1/2cup Green beans	1/2 cup Carrots
1/2cup Canned Fruit	1pc Fresh Fruit	1/2cup Canned Fruit	1pc Fresh Fruit	1/2cup Fresh Fruit	1/2cup Canned Fruit	1pc Fresh Fruit
Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz
29	30	31				
Tofu Cacciatore	Pasta/Mushroom Carbonara	Sauteed Mongo Beans				
1 cup Steamed Rice	1 pc Bread	1 cup Steamed Rice				
1/2 cup Green Peas	1/2cup Broccoli	1/2cup Carrots				
1/2cup Canned Fruit	1/2cup Canned Fruit	1/2cup Canned Fruit				
Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz				

Reviewed & Approved by:


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DSC-Elderly Nutrition Program: Lunch CONGREGATE Meals (C-1) for AUGUST 2022

MON	TUE	WED	THURS	FRI
1	2	3	4	5
Lemon Herb Fish	Beef-Macaroni Casserole	Pork w/ Oyster Sauce	Baked Chicken	Glazed Ham/Pineapple
1 cup Steamed Rice	1 pc Bread	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
1/2cup Cabbage Salad	1/2cup Peas & Carrots	1/2cup Green beans	1/2cup Cut Corn	1/2 cup Cauliflower
1/2cup Fresh Fruit	1/2cup Canned Fruit	1/2cup Canned Fruit	1pc Fresh Fruit	1pc Fresh Fruit
Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	
8	9	10	11	12
Glazed Chicken Bits	Ground Beef Tinaktak	Baked Fish In Turmeric	Pork Menudo	Chicken Chopsuey
1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
1/2cup Cut Corn	1/2cup Green Beans	1/2cup Cabbage Salad	1/2cup Peas & Carrots	1/2cup Broccoli
1/2cup Canned Fruit	1/2cup Fresh Fruit	1pc Fresh Fruits	1/2cup Canned Fruit	1/2 cup Canned Fruit
Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz
15	16	17	18	19
Baked Fish	Lemon Oregano Chicken	Glazed Ham w/ P-apple	Gr. Beef w/ Vegetables	Sweet-Sticky Chicken
1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
1/2cup Peas & Carrots	1/2cup Green beans	1/2 cup Broccoli	1/2cup Peas & Carrots	1/2cup Cauliflower
1pc Fresh Fruit	1/2cup Canned Fruit	1pc Fresh Fruit	1pc Fresh Fruit	1/2cup Canned Fruit
Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz
22	23	24	25	26
Spaghetti- Beef Tom Sce	Pork Kadu	Sesame Garlic Chicken	Ground Beef Picadillo	Fish Escabeche
1 pc Bread	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
1/2 cup Green Peas	1/2 c Cabbage	1/2cup Cut Corn	1/2 cup Green Peas	1/2cup Cabbage Salad
1/2cup Canned Fruit	1pc Fresh Fruit	1/2cup Canned Fruit	1pc Fresh Fruit	1/2cup Fresh Fruit
Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz
29	30	31		
Chicken Cacciatore	Tuna Pasta Carbonara	Ground Beef w/ Veggies		
1 cup Steamed Rice	1 pc Bread	1 cup Steamed Rice		
1/2 cup Green Peas	1/2cup Broccoli	1/2cup Peas & Carrots		
1/2cup Canned Fruit	1/2cup Canned Fruit	1/2cup Canned Fruit		
Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz		

Reviewed & Approved by:


Maria P.M. Gersanba, RDN LD Lic#884140

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DSC-Elderly Nutrition Program: Lunch-CONGREGATE Meals (C-1) - Vegetarian for AUGUST 2022

MON	TUE	WED	THURS	FRI
1	2	3	4	5
Lemon Herb Tofu	Macaroni Casserole	Eggplant/ Oyster Sauce	Baked Squash/Gr.Beans	Glazed Tofu/Pineapple
1 cup Steamed Rice	1 pc Bread	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
1/2cup Cabbage Salad	1/2cup Peas & Carrots	1/2cup Green beans	1/2cup Cut Corn	1/2 cup Cauliflower
1/2cup Fresh Fruit	1/2cup Canned Fruit	1/2cup Canned Fruit	1pc Fresh Fruit	1pc Fresh Fruit
Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	
8	9	10	11	12
Glazed Tofu	Green Beans Tinaktak	Baked Tofu In Turmeric	Kidney Beans Menuudo	Vegetable Chopsuey
1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
1/2cup Cut Corn	1/2cup Carrots	1/2cup Cabbage Salad	1/2cup Peas & Carrots	1/2cup Broccoli
1/2cup Canned Fruit	1/2cup Fresh Fruit	1pc Fresh Fruits	1/2cup Canned Fruit	1/2 cup Canned Fruit
Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz
15	16	17	18	19
Sweet & Sour Tofu	Squash Curry	Glazed Tofu/Pineapple	Stirfry Veggies	Sauteed Mongo Beans
1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
1/2cup Peas & Carrots	1/2cup Green beans	1/2 cup Broccoli	1/2cup Peas & Carrots	1/2cup Cauliflower
1pc Fresh Fruit	1/2cup Canned Fruit	1pc Fresh Fruit	1pc Fresh Fruit	1/2cup Canned Fruit
Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz
22	23	24	25	26
Spaghetti/Tomato Sauce	Potato/Veggie Kadu	Sesame Garlic Squash	Mixed Beans Picadillo	Tofu Escabeche
1 pc Bread	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
1/2 cup Green Peas	1/2 c Cabbage	1/2cup Cut Corn/Carrots	1/2 cup Green Peas	1/2cup Cabbage Salad
1/2cup Canned Fruit	1pc Fresh Fruit	1/2cup Canned Fruit	1pc Fresh Fruit	1/2cup Fresh Fruit
Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz
29	30	31		
Tofu Cacciatore	Pasta/Mushroom Carbonara	Sauteed Mongo Beans		
1 cup Steamed Rice	1 pc Bread	1 cup Steamed Rice		
1/2 cup Green Peas	1/2cup Broccoli	1/2cup Carrots		
1/2cup Canned Fruit	1/2cup Canned Fruit	1/2cup Canned Fruit		
Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz		

Reviewed & Approved by:



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