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DEC 14 2021

MAINTENANCE

SH Enterprises, Inc.

Mailing Address : P.O.Box 9730 Tamuning, Guam 96931
Tel: 649-9716 / 649-9727 Fax: 649-0523 Email: shdsc2019@yahoo.com

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

MON	TUE	WED	THURS	FRI
Pork Kalbi 1 cup Steamed Rice 1/2 cup Cauliflower 1/2cup Canned Fruit Low fat Milk 8oz 3	Chicken Pancit 1 pc <i>Dinner roll</i> 1/2 cup Carrots 1/2cup Fresh Fruit Low fat Milk 8oz 4	Ground Beef Tinaktak 1 cup Steamed Rice 1/2cup Green Beans 1pc Fresh Fruit Low Fat Milk 8 oz 5	Glazed Ham 1 cup Steamed Rice 1/2cup Cut Corn 1/2cup Canned Fruit Low fat Milk 8oz 6	Fish w/ White Sauce 1 cup Steamed Rice 1/2 cup Broccoli 1/2 cup Canned Fruit Low fat Milk 8oz 7
Spaghetti Bolognese 1 slice <i>Dinner roll</i> 1/2 cup Carrots & Peas 1pc Fresh Fruit Low fat Milk 8oz 10	Pork Steak /Mushroom 1 cup Steamed Rice 1/2 cup Mixed Veg 1/2cup Canned Fruit Low fat Milk 8oz 11	Chicken Kadu 1 cup Steamed Rice 1/2 cup Cabbage 1pc Fresh Fruit Low fat Milk 8oz 12	Fish w/ Turmeric 1 cup Steamed Rice 1/2 cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz 13	Pork Afritada 1 cup Steamed Rice 1/2cup Carrots/Peas 1pc Fresh Fruit Low fat Milk 8oz 14
Martin Luther King 17	Chicken Teriyaki 1 cup Steamed Rice 1/2 cup Broccoli 1pc Fresh Fruit Low fat Milk 8oz 18	Pork Kadu 1 cup Steamed Rice 1/2 cup Cabbage 1/2cup Canned Fruit Low fat Milk 8oz 19	Chicken w/Mushroom 1 cup Steamed Rice 1/2 cup Mixed Veg 1pc Fresh Fruit Low fat Milk 8oz 20	Beef Macaroni Casserole 1 pc <i>Dinner roll</i> 1/2cup Carrots & Peas 1/2cup Canned Fruit Low fat Milk 8oz 21
Pork Teriyaki 1 cup Steamed Rice 1/2 cup Green Beans 1pc Fresh Fruit Low fat Milk 8oz 24	Sweet & Sour Fish 1 cup Steamed Rice 1/2 cup Cauliflower 1/2cup Canned Fruit Low fat Milk 8oz 25	Spaghetti Bolognese 1 pc <i>Dinner roll</i> 1/2 cup Carrots & Peas 1/2cup Fresh Fruit Low fat Milk 8oz 26	Chicken Kadu 1 cup Steamed Rice 1/2 cup Cabbage 1/2cup Canned Fruit Low fat Milk 8oz 27	Pork Estufao 1 cup Steamed Rice 1/2 cup Broccoli 1/2cup Fresh Fruit Low fat Milk 8oz 28
Ground Beef Caldereta 1 Cup Steamed Rice 1/2 cup Carrots & Peas 1/2 cup Canned Fruits Low Fat Milk 8oz 31				

Reviewed & Approved by:

Marie P. M. Gersaniba, RDN LD Lic#884140

Acknowledged by:

Hui S. Min -Vice President SH Ent., Inc.



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

MON	TUE	WED	THURS	FRI
3	4	5	6	7
Stir Fry Vegetable w/ Tofu 1 cup Steamed Rice 1/2 cup Cauliflower 1/2cup Canned Fruit Low fat Milk 8oz	Vegetable Pancit 1 pc <i>Dinner roll</i> 1/2 cup Carrots 1/2cup Fresh Fruit Low fat Milk 8oz	Green Beans Tinaktak 1 cup Steamed Rice 1/2cup Green Peas 1pc Fresh Fruit Low Fat Milk 8 oz	Tofu Estufao 1 cup Steamed Rice 1/2cup Cut Corn 1/2cup Canned Fruit Low fat Milk 8oz	Cauliflower Potato in White Sauce 1 cup Steamed Rice 1/2 cup Broccoli 1/2 cup Canned Fruit Low fat Milk 8oz
10	11	12	13	14
Spaghetti Bolognese 1 slice <i>Dinner roll</i> 1/2 cup Carrots & Peas 1pc Fresh Fruit Low fat Milk 8oz	TOFU Steak /Mushroom 1 cup Steamed Rice 1/2 cup Mixed Veg 1/2cup Canned Fruit Low fat Milk 8oz	Vegetable Kadu 1 cup Steamed Rice 1/2 cup Cabbage 1pc Fresh Fruit Low fat Milk 8oz	Squash Curry 1 cup Steamed Rice 1/2 cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	Eggplant Afritada 1 cup Steamed Rice 1/2cup Carrots/Peas 1pc Fresh Fruit Low fat Milk 8oz
17	18	19	20	21
Martin Luther King	Tofu Teriyaki 1 cup Steamed Rice 1/2 cup Broccoli 1pc Fresh Fruit Low fat Milk 8oz	Sauteed Mongo Beans 1 cup Steamed Rice 1/2 cup Cabbage 1/2cup Canned Fruit Low fat Milk 8oz	Tofu w/Mushroom 1 cup Steamed Rice 1/2 cup Mixed Veg 1pc Fresh Fruit Low fat Milk 8oz	Veggie-Macaroni Casserole 1 pc <i>Dinner roll</i> 1/2cup Carrots & Peas 1/2cup Canned Fruit Low fat Milk 8oz
24	25	26	27	28
Tofu Teriyaki 1 cup Steamed Rice 1/2 cup Green Beans 1pc Fresh Fruit Low fat Milk 8oz	Green Beans Tinaktak 1 cup Steamed Rice 1/2 cup Cauliflower 1/2cup Canned Fruit Low fat Milk 8oz	Vegetable Lasagna 1 pc Bread 1/2 cup Carrots & Peas 1/2cup Fresh Fruit Low fat Milk 8oz	Sauteed Mongo Beans 1 cup Steamed Rice 1/2 cup Cabbage 1/2cup Canned Fruit Low fat Milk 8oz	Eggplant Estufao 1 cup Steamed Rice 1/2 cup Broccoli 1/2cup Fresh Fruit Low fat Milk 8oz
31				
Potato/Beans Caldereta 1 Cup Steamed Rice 1/2 cup Carrots & Peas 1/2 Canned Fruit Low fat Milk 8oz				

Reviewed & Approved by:

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

Acknowledged by:

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

MON	TUE	WED	THURS	FRI	SAT	SUN
					1	2
					HAPPY NEW YEAR	Chicken Kadu 1 cup Steamed Rice 1/2 cup Cabbage 1/2cup Canned Fruit Low fat Milk 8oz
3	4	5	6	7	8	9
Pork Kalbi 1 cup Steamed Rice 1/2 cup Cauliflower 1/2cup Canned Fruit Low fat Milk 8oz	Chicken Pancit 1 pc <i>Dinner roll</i> 1/2 cup Carrots 1/2cup Fresh Fruit Low fat Milk 8oz	Ground Beef Tinaktak 1 cup Steamed Rice 1/2cup Green Beans 1pc Fresh Fruit Low Fat Milk 8 oz	Glazed Ham 1 cup Steamed Rice 1/2cup Cut Corn 1/2cup Canned Fruit Low fat Milk 8oz	Fish w/ White Sauce 1 cup Steamed Rice 1/2 cup Broccoli 1/2 cup Canned Fruit Low fat Milk 8oz	Pork Menudo 1 cup Steamed Rice 1/2 cup Green Peas 1pc Fresh Fruit Low fat Milk 8oz	Ginger Chicken 1 cup Steamed Rice 1/2cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz
10	11	12	13	14	15	16
Spaghetti Bolognese 1 pc <i>Dinner roll</i> 1/2 cup Carrots & Peas 1pc Fresh Fruit Low fat Milk 8oz	Pork Steak /Mushroom 1 cup Steamed Rice 1/2 cup Mixed Veg 1/2cup Canned Fruit Low fat Milk 8oz	Chicken Kadu 1 cup Steamed Rice 1/2 cup Cabbage 1pc Fresh Fruit Low fat Milk 8oz	Fish w/ Turmeric 1 cup Steamed Rice 1/2 cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	Pork Aditada 1 cup Steamed Rice 1/2cup Carrots/Peas 1pc Fresh Fruit Low fat Milk 8oz	Chicken Stirfry 1 cup Steamed Rice 1/2cup Green beans 1pc Fresh Fruit Low fat Milk 8oz	Pork Sinigang 1 cup Steamed Rice 1/2 cup Cabbage 1/2cup Canned Fruit Low fat Milk 8oz
17	18	19	20	21	22	23
Lemon Herb Fish 1 cup Steamed Rice 1/2 cup Mixed Veg 1/2cup Canned Fruit Low fat Milk 8oz	Chicken Teriyaki 1 cup Steamed Rice 1/2 cup Broccoli 1pc Fresh Fruit Low fat Milk 8oz	Pork Kadu 1 cup Steamed Rice 1/2 cup Cabbage 1/2cup Canned Fruit Low fat Milk 8oz	Chicken w/Mushroom 1 cup Steamed Rice 1/2 cup Mixed Veg 1pc Fresh Fruit Low fat Milk 8oz	Beef Macaroni Casserole 1 pc <i>Dinner roll</i> 1/2cup Carrots & Peas 1/2cup Canned Fruit Low fat Milk 8oz	Pork Asado 1 cup Steamed Rice 1/2cup Cut Corn 1pc Fresh Fruit Low fat Milk 8oz	Chicken Menudo 1 cup Steamed Rice 1/2 cup Carrots 1pc Fresh Fruit Low fat Milk 8oz
24	25	26	27	28	29	30
Pork Teriyaki 1 cup Steamed Rice 1/2 cup Green Beans 1pc Fresh Fruit Low fat Milk 8oz	Sweet & Sour Fish 1 cup Steamed Rice 1/2 cup Cauliflower 1/2cup Canned Fruit Low fat Milk 8oz	Spaghetti Bolognese 1 pc <i>Dinner roll</i> 1/2 cup Carrots & Peas 1/2cup Fresh Fruit Low fat Milk 8oz	Chicken Kadu 1 cup Steamed Rice 1/2 cup Cabbage 1/2cup Canned Fruit Low fat Milk 8oz	Pork Estufao 1 cup Steamed Rice 1/2 cup Broccoli 1/2cup Fresh Fruit Low fat Milk 8oz	Chicken Cacciatore 1 cup Steamed Rice 1/2 cup Carrots 1/2 cup Canned Fruit Low fat Milk 8oz	Pork Pancit 1 pc <i>Dinner roll</i> 1/2 cup Mixed Veg 1/2 cup Canned Fruit Low fat Milk 8oz
31						
Ground Beef Caldereta 1 cup Steamed Rice 1/2 cup Carrots & Peas 1/2 cup Canned Fruit Low fat Milk 8oz						

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

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



DEC 14 2021

Monday, December 13, 2021

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

MON	TUE	WED	THURS	FRI	SAT	SUN
					1	2
					HAPPY NEW YEAR	Vegetable Kadu 1 cup Steamed Rice 1/2 cup Cabbage 1/2cup Canned Fruit Low fat Milk 8oz
3 Stirry Vegetable w/ Tofu 1 cup Steamed Rice 1/2 cup Cauliflower 1/2cup Canned Fruit Low fat Milk 8oz	4 Vegetable Pancit 1 pc Dinner roll 1/2 cup Carrots 1/2cup Fresh Fruit Low fat Milk 8oz	5 Green Beans Tinaktak 1 cup Steamed Rice 1/2cup Green Peas 1pc Fresh Fruit Low Fat Milk 8 oz	6 Tofu Estufao 1 cup Steamed Rice 1/2cup Cut Corn 1/2cup Canned Fruit Low fat Milk 8oz	7 Cauliflower/Potato in White 1 cup Steamed Rice / Sauce 1/2 cup Broccoli 1/2 cup Canned Fruit Low fat Milk 8oz	8 Beans Menuudo 1 cup Steamed Rice 1/2 cup Green Peas 1pc Fresh Fruit Low fat Milk 8oz	9 Green Beans Adobo 1 cup Steamed Rice 1/2 cup Mixed Veg 1/2cup Canned Fruit Low fat Milk 8oz
10 Spaghetti Bolognese 1 slice Dinner roll 1/2 cup Carrots & Peas 1pc Fresh Fruit Low fat Milk 8oz	11 TOFU Steak /Mushrm 1 cup Steamed Rice 1/2 cup Mixed Veg 1/2cup Canned Fruit Low fat Milk 8oz	12 Vegetable Kadu 1 cup Steamed Rice 1/2 cup Cabbage 1pc Fresh Fruit Low fat Milk 8oz	13 Squash Curry 1 cup Steamed Rice 1/2 cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	14 Eggplant Afritada 1 cup Steamed Rice 1/2cup Carrots/Peas 1pc Fresh Fruit Low fat Milk 8oz	15 Vegetable Stirry 1 cup Steamed Rice 1/2cup Green beans 1pc Fresh Fruit Low fat Milk 8oz	16 Sautéed Mongo Beans 1 cup Steamed Rice 1/2 cup Cabbage 1/2cup Canned Fruit Low fat Milk 8oz
17 Squash Curry 1 cup Steamed Rice 1/2 cup Mixed Veg 1/2cup Canned Fruit Low fat Milk 8oz	18 Tofu Teriyaki 1 cup Steamed Rice 1/2 cup Broccoli 1pc Fresh Fruit Low fat Milk 8oz	19 Sautéed Mongo Beans 1 cup Steamed Rice 1/2 cup Cabbage 1/2cup Canned Fruit Low fat Milk 8oz	20 Tofu w/Mushroom 1 cup Steamed Rice 1/2 cup Mixed Veg 1pc Fresh Fruit Low fat Milk 8oz	21 Veggi-Macaroni Casserole 1 pc Dinner roll 1/2cup Carrots & Peas 1/2cup Canned Fruit Low fat Milk 8oz	22 Tofu Asado 1 cup Steamed Rice 1/2cup Cut Corn 1pc Fresh Fruit Low fat Milk 8oz	23 Kidney Beans Menuudo 1 cup Steamed Rice 1/2 cup Carrots 1pc Fresh Fruit Low fat Milk 8oz
24 Tofu Teriyaki 1 cup Steamed Rice 1/2 cup Green Beans 1pc Fresh Fruit Low fat Milk 8oz	25 Green Beans Tinaktak 1 cup Steamed Rice 1/2 cup Cauliflower 1/2cup Canned Fruit Low fat Milk 8oz	26 Vegetable Lasagna 1 pc Dinner roll 1/2 cup Carrots & Pea 1/2cup Fresh Fruit Low fat Milk 8oz	27 Sautéed Mongo Beans 1 cup Steamed Rice 1/2 cup Cabbage 1/2cup Canned Fruit Low fat Milk 8oz	28 Eggplant Estufao 1 cup Steamed Rice 1/2 cup Broccoli 1/2cup Fresh Fruit Low fat Milk 8oz	29 Peas/Potato Cacciatore 1 cup Steamed Rice 1/2 cup Carrots 1/2 cup Canned Fruit Low fat Milk 8oz	30 Veggie Pancit 1 pc Dinner roll 1/2 cup Mixed Veg 1/2 cup Canned Fruit Low fat Milk 8oz
31 Potato/Beans Caldereta 1 cup Steamed Rice 1/2 cup Carrots & Peas 1/2 cup Canned Fruit Low fat Milk 8oz						

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