SH Enterprises, Inc.

Mailing Address: P.O.Box 9730 Tamuning, Guam 96931

11:13a. Tel: 649-9716 / 649-9727 Fax: 649-0523 Email: shdsc2019@yahoo.com

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

	1/2 Low	1/2	1 C	Gro		LOV	- I pc	1//	, 0	PO		T				-	T		L 0 -	1 p	1/:	1 s	Sg		Lov	1/.	1/	_	, 60	7	T
	1/2 cup Canned Fruits Low Fat Milk 8oz	1/2 cup Carrots & Peas	1 Cup Steamed Rice	Ground Beef Caldereta	ω <u>1</u>	LOW fat Milk 802	lpc Fresh Fruit	1/2 cup Green Beans	Cup Steamed Rice	Pork Teriyaki	24	2		Mai ciri Luciler Ning	Mortio			17	ow fat Milk 807	lpc Fresh Fruit	1/2 cup Carrots & Peas	slice Dimperpoli	Spaghetti Bolognese	10	Low fat Milk 8oz	1/2cup Canned Fruit	1/2 cup Cauliflower	cup Steamed Rice	Pork Kalbi	<u>.</u>	MON
- 1/						Low fat Milk 8oz	1/2cup Canned Fruit	1/2 cup Cauliflower	1 cup Steamed Rice	Sweet & Sour Fish	25	Low fat Milk 8oz	lpc Fresh Fruit	1/2 cup Brocolli	1 Cup Steamed Rice	Cnicken Leriyaki	- 0	LOW INC MIN OUT	l ow fat Milk 802	1/2cup Canned Fruit	1/2 CIIN Mixed Veg	1 Clin Steamed Bice	Pork Steak /Milchroom		Low fat Milk 807	1/2cup Fresh Fruit	1/2 cup Carrots	1 pc DIMNEY roll	Chicken Pancit	4	IUE
						Low fat Milk 8oz	1/2cup Fresh Fruit	1/2 cup Carrots & Peas	1 pc Dinner roll	Spaghetti Bolognese	26	Low fat Milk 8oz	1/2cup Canned Fruit	1/2 cup Cabbage	1 cup Steamed Rice	Pork Kadu	19	LOW TAT MIIK 80Z	i po riesti riulo	1 no Erock Errit	1/2 cup Steamed Rice	Chicken Kadu	Chicken K-1	LOW L RE MIIN O OZ	l ow Eat Milk 8 oz	1 pc Fresh Fruit	1/2cup Green Beans	1 cup Steamed Rice	Ground Beef Tinaktak	5	WED
						Low fat Milk 8oz	1/2cup Canned Fruit	1/2 cup Cabbage	1 cup Steamed Rice	Chicken Kadu	27	Low fat Milk 8oz	1pc Fresh Fruit	1/2 cup Mixed Veg	1 cup Steamed Rice	Chicken w/Mushroom	20	Low fat Milk 8oz	1/2cup Canned Fruit	1/2 cup Green Beans	1 cup Steamed Rice	Fish w/ Turmeric	13	LOW FAT MIIK 80Z	1 / ccup callied Fruit	1/2015 Capped First	1/2cin Cut Corn	1 cun Steamed Rice	Glazed Ham	6	THURS
			2015		LOW INC WILL OOK	Ow fat Milk 802	1/2010 Eroch Ermit	1/2 cup Brocolli	1 CUD Steamed Rice	Pork Estudio	28	Low fat Milk 807	1/2cup Canned Fruit	1/2cup Carrots & Peas	1 pc Dinnorroll wood	Beef Macaroni Casserole	21	Low fat Milk 8oz	1pc Fresh Fruit	1/2cup Carrots/Peas	1 cup Steamed Rice	Pork Afritada	14	Low fat Milk 8oz	1/2 cup Canned Fruit	1/2 cup Brocoll	1 /3 or Broadilled Rice	1 Clip C+compd Dico	Fish w/ White Sauce	7	FR

Reviewed & Approved by:

Maria 4.M.Gersaniba, RDN LD Lic#884140

Person 6 c

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

Potato/Beans Caldereta 1 Cup Steamed Rice 1/2 cup Carrots & Peas 1/2 Canned Fruit	3	Low fat Milk 8oz	Beans 1/2 cup Cauliflower 1/2 cup Carrots & Peas	Toru   eriyak    Green Beans   Inaktak   Vegetable Lasagna   Sauteed	24 25 26	Low fat Milk 8oz Low fat Milk 8oz	1) c cup brocom 1/2 cup Cappage	Rice 1 cup Steamed Rice 1	Sauteed Mongo Beans T	$\dashv$	Low fat Milk 8oz	t  1pc Fresh Fruit	s & Peas   1/2 cup Mixed Veg   1/2 cup Cabbage	1 cup Steamed Rice 1 cup Steamed Rice 1	Spaghetti Bolognese 🧽 TOFU Steak /Mushroom Vegetable Kadu Squash		oz  L	Fruit  1/2cup Fresh Fruit  1pc Fresh Fruit  1	1/2 cup Carrots  1/2cup Green Peas  1	1 pc \\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	Green Beans Tinaktak T	3 4 5	MON I UE WED	222 Doc-Eigerly Nutrition Program: Lunch-CONGREGATE Meals (C-1) Vegetarian for JANUARY
		Fresh Fruit   1/2cup Canned Fruit   1/4cup C	eas	Lasagna S	26	Milk 8oz Low fat Milk 8oz		се		$\dashv$				Rice 1 cup			_	sh Fruit   1/2cup Canned Fruit		_	eans Tinaktak Tofu Estufao	5	WED THURS	NGREGATE Weals (C-1) Vegetarian for JANUARY 20
		1/2cup Fresh Fruit Low fat Milk 8oz	1/2 cup Brocolli	1 Cup Steamed Rice		Low fat Milk 8oz	1/2cup Carrots & Peas	1 pc Dinner roll	Veggie-Macaroni Casserole	21	Low fat Milk 8oz	1pc Fresh Fruit	1/2cup Carrots/Peas	1 cup Steamed Rice	Eggplant Afritada	14	Low fat Milk 8oz	1/2 cub Canned Fruit	1/2 cup Brocolli	1 cup Steamed Rice	Cauliflower Potato in White Sauce	_	FRI	122

Reviewed & Approved by:

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

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Acknowledged by:\_

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

11:13 Am MANNY BLAZ

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

MON	TUE	WED	THURS	FRI	SAT	SUN
					_	2
						Chicken Kadu
					HAPPY NEW YEAR	1 cup Steamed Rice
						1/2 cup Cabbage
						1/2cup Canned Fruit
J.S	4	л	6	7		Low fat Milk 8oz
	1	5	6	7	000	9
Pork Kalbi	Chicken Pancit	Ground Beef Tinaktak	Glazed Ham	Fish w/ White Sauce	Pork Menudo	Ginger Chicken
1 cup Steamed Rice	1 pc UMPER roll	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	ed Rice	1 cup Steamed Rice
1/2 cup Cauliflower	1/2 cup Carrots	1/2cup Green Beans	1/2cup Cut Corn	1/2 cup Brocolli		1/2cup Green Beans
1/2cup Canned Fruit	1/2cup Fresh Fruit	1pc Fresh Fruit	1/2cup Canned Fruit	Fruit		1/2cup Canned Fruit
Low fat Milk 8oz	Low fat Milk 8oz	Low Fat Milk 8 oz	Low fat Milk 8oz		7	Low fat Milk 8oz
10	11	12	13	14		16
-	Pork Steak /Mushroon Chicken Kadu	Chicken Kadu	Fish w/ Turmeric	Pork Afritada	Chicken Stirfry	Pork Sinigang
1 pc. Dimner roll	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	Rice	1 cup Steamed Rice
1/2 cup Carrots & Peas	1/2 cup Mixed Veg	1/2 cup Cabbage	1/2 cup Green Beans 1/2cup Carrots/Peas	1/2cup Carrots/Peas	1/2cup Green beans 1/2 cup Cabbage	1/2 cup Cabbage
1pc Fresh Fruit	1/2cup Canned Fruit	1pc Fresh 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	7	Low fat Milk 8oz
17	18	19	20	21	22	23
Lemon Herb Fish	Chicken Teriyaki	Pork Kadu	Chicken w/Mushroom	Beef Macaroni Casserole		Chicken Menudo
1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 pc MMer (D) 1 cup Stean	ned Rice	1 cup Steamed Rice
1/2 cup Mixed Veg	1/2 cup Brocolli	1/2 cup Cabbage	1/2 cup Mixed Veg	1/2cup Carrots & Peas	Corn	1/2 cup Carrots
1/2cup Canned Fruit	1pc Fresh 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		7	Low fat Milk 8oz
24	25	26	27	28		30
Pork Teriyaki	Sweet & Sour Fish	Spaghetti Bolognese	Chicken Kadu	Pork Estufao	ciatore	Pork Pancit
1 cup Steamed Rice	1 cup Steamed Rice	1 pc DMMerrol	1 cup Steamed Rice	1 cup Steamed Rice	(D	1 pc Dinnerroll
1/2 cup Green Beans	1/2 cup Cauliflower	1/2 cup Carrots & Peas	1/2 cup Cabbage	1/2 cup Brocolli	1/2 cup Carrots	1/2 cup Mixed Veg
1pc Fresh Fruit	1/2cup Canned Fruit	1/2cup Fresh Fruit	1/2cup Canned Fruit 1/2cup Fresh Fruit		Frui	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	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:

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配信です。 4 とりに Mailing Address : P.O.Box 9730 Tamuning, Guam 96931 DSV もいて Tel: 649-9716 / 649-9727 Fax: 649-0523 Email: shdsc2019@yahoo.com DSC-Elderly Nutrition Program: Lunch-Home Delivered Meals (C-2)-Vegetarian for JANUARY 2022

	מיייי ייי	ACITY INCLUDIO PLOSE GILL: FI	Inch-Home Delivered Mea	le (C_2)_Vocatarian for IANIIAD	と つつつつ	
MOM	TUE	WED	THURS	WED THURS FRI	SAT	
						2
						Vegetable Kadu
					HAPPY NEW YEAR	1 cup Steamed Rice
						1/2 cup Cabbage
						1/2cup Canned Fruit
w	4					Low fat Milk 8oz
Stirfny Vocatable w/ Tofu	Vocatable Descit		6	7	8	9
1 Clip C+camed Bico	1 so Division Palicit WW	breen Beans Ilnaktak	lotu Estutao	Cauliflower/Potato in White	Beans Menudo	Green Beans Adobo
1 /3 cm Coulidance		Cup Steamed Rice	се	1 cup Steamed Rice. / Sauce	1 cup Steamed Rice	1 cup Steamed Rice
1/2 cup cauliflower	1/2 cup carrots	1/2cup Green Peas		1/2 cup Brocolli	1/2 cup Green Peas	1/2 cup Mixed Vea
1/2cup Canned Fruit	1/2cup Fresh Fruit	1pc Fresh Fruit	1/2cup Canned Fruit	1/2 cup Canned Fruit	1pc Fresh Fruit	1/2cup Canned Fruit
LOW IST MIIK OUZ	LOW FAT MIIK 80Z	Low Fat Milk 8 oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz
		71	13	14	15	16
opagnetti bolognese		Vegetable Kadu	Squash Curry	Eggplant Afritada	Vegetable Stirfry	Sauteed Mongo Beans
1/2 cup Carrots & Dead 1/2 cup Steamled Nice	1/2 cup steamed vice	1 Cup Steamed Kice		1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
Inc Fresh Fruit	1/2 cup Ivilixed veg	1 no Eroch Erwit		1/2cup Carrots/Peas	1/2cup Green beans	1/2 cup Cabbage
Low fat Milk 8oz	Low fat Milk 807	l ow fat Milk 807	Low fat Mills 00-	pc riesh Fruit	Ipc Fresh Fruit	1/2cup Canned Fruit
17	18	19	20	21	LOW INT MILK OUZ	LOW TAT MIIK SOZ
Squash Curry	Tofu Teriyaki	Sauteed Mongo Beans	Tofu w/Mushroom	Veggi-Macaroni Casserole	Tofic Asado	Video: Poor V
1 cup Steamed Rice	ed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 pc Dinnor mill was 1 clip stoom	1 Clin Steamed Bios	Nulley bearls Menugo
1/2 cup Mixed Veg	1/2 cup Brocolli	1/2 cup Cabbage	1/2 cup Mixed Vea	1/2cup Carrots & Peas	1/2cin Cut Corn	1/3 Sim Comment
1/2cup Canned Fruit	1pc Fresh Fruit	1/2cup Canned Fruit	1pc Fresh Fruit	1/2cup Canned Fruit	1nc Fresh Fruit	1 no Erach Cruit
Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz		Low fat Milk 807	l pw fat Milk 857
24	25	26	27		29	TOM Lat IAIN OOF
	Green Beans Tinaktak	Green Beans Tinaktak Vegetable Lasagna Sauteed Mongo Beans	$\rightarrow$	fao	cciatore	Veggie Pancit
	1 cup Steamed Rice	1 pc Dinner roll		eamed Rice		1 pc Onner Coll web
1/2 cup Green Beans	1/2 cup Cauliflower	1/2 cup Carrots & Pea			1/2 cun Carrots	1/2 CIID Mixed Vez
1pc Fresh Fruit	_	1/2cup Fresh Fruit	1/2cup Canned Fruit	Ľ.	F :	1/2 cup lanked veg
Low fat Milk 8oz		Low fat Milk 8oz		Ailk 8oz		1 ow fat Milk 802
31						LOW I AL MINK OUT
Potato/Beans Caldereta						
1 cup Steamed Rice						
1/2 cup Carrots & Peas						
1/2 cup Canned Fruit						
Low fat Milk 8oz						

Reviewed & Approved by:

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

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