

DSC-May 2023

SH Enterprises, Inc.

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DSC-Elderly Nutrition Program: Lunch-Home Delivered Meals (C-2) for MAY 2023

MON	TUE	WED	THURS	FRI	SAT	SUN
1	2	3	4	5	6	7
Ground Beef Meatloaf Mashed Potato w- gravy 1/2 cup Green Beans 1pc or 1/2 cup Fruit Low fat Milk 8oz	Chicken Curry 1 cup Steamed Rice 1/2 cup Cauliflower 1pc or 1/2 cup Fruit Low fat Milk 8oz	Pork Menudo 1 cup Steamed Rice 1/2 cup Green Peas 1pc or 1/2 cup Fruit Low fat Milk 8oz	Baked Salmon/Tartar Sce 1 cup Steamed Rice 1/2 cup Broccoli 1pc or 1/2 cup Fruit Low fat Milk 8oz	Ground Beef/Veggies 1 cup Steamed Rice 1/2 cup Carrots 1pc or 1/2 cup Fruit Low fat Milk 8oz	Chicken Pancit 1 pc Bread 1/2 c Green Beans 1pc or 1/2 cup Fruit Low fat Milk 8oz	Pork Sinigang 1 cup Steamed Rice 1/2 c Cabbage 1pc or 1/2 cup Fruit Low fat Milk 8oz
8	9	10	11	12	13	14
Chicken/BBQ Sauce 1 cup Red Rice 1/2c Cut Corn 1pc or 1/2 cup Fruit Low fat Milk 8oz	Fish Sarciado(Diced Tomato) 1 cup Steamed Rice 1/2 cup Peas & Carrots 1pc or 1/2 cup Fruit Low fat Milk 8oz	Spaghetti Beef Bolognese 1 pc Bread 1/2 cup Cauliflower 1pc or 1/2 cup Fruit Low fat Milk 8oz	Pork Kadu 1 cup Steamed Rice 1/2 cup Cabbage 1pc or 1/2 cup Fruit Low fat Milk 8oz	Sesame Garlic Chicken 1 cup Steamed Rice 1/2 c Mixed Vegetable 1pc or 1/2 cup Fruit Low fat Milk 8oz	Sauteed Mongo/Pork 1 cup Steamed Rice 1/2cup Green Beans 1pc or 1/2 cup Fruit Low fat Milk 8oz	Grd Beef/Oyster Sauce 1 cup Steamed Rice 1/2 c Green Peas 1pc or 1/2 cup Fruit Low fat Milk 8oz
15	16	17	18	19	20	21
Pork Caldereta 1 cup Steamed Rice 1/2 cup Cut Corn 1pc or 1/2 cup Fruit Low fat Milk 8oz	Grd Beef Tinaktak 1 cup Steamed Rice 1/2 c Green Beans 1pc or 1/2 cup Fruit Low fat Milk 8oz	Fish w/ Turmeric Sauce 1 cup Steamed Rice 1/2 cup Broccoli 1pc or 1/2 cup Fruit Low fat Milk 8oz	Chicken Afritada 1 cup Steamed Rice 1/2 cup Peas & Carrots 1pc or 1/2 cup Fruit Low fat Milk 8oz	Grd Beef w- Bell Peppers 1 cup Steamed Rice 1/2c Mixed Vegetable 1pc or 1/2 cup Fruit Low fat Milk 8oz	Chicken Chopsuey 1 cup Steamed Rice 1/2c Carrots 1pc or 1/2 cup Fruit Low fat Milk 8oz	Pork Adobo 1 cup Steamed Rice 1/2 cup Cut Corn 1pc or 1/2 cup Fruit Low fat Milk 8oz
22	23	24	25	26	27	28
Sweet & Sour Fish 1 cup Steamed Rice 1/2c Mixed Vegetable 1pc or 1/2 cup Fruit Low fat Milk 8oz	Grd Beef Menudo 1 cup Steamed Rice 1/2 cup Green Beans 1pc or 1/2 cup Fruit Low fat Milk 8oz	Pork Estufao 1 cup Steamed Rice 1/2c Cabbage Salad 1pc or 1/2 cup Fruit Low fat Milk 8oz	StirFry Chicken/Veggie 1 cup Steamed Rice 1/2cup Green Beans 1pc or 1/2 cup Fruit Low fat Milk 8oz	Beef Macaroni Casserole 1 pc Bread 1/2 c Peas & Carrots 1pc or 1/2 cup Fruit Low fat Milk 8oz	Pork Kadu 1 cup Steamed Rice 1/2 c Cabbage 1pc or 1/2 cup Fruit Low fat Milk 8oz	Chicken Ginger 1 cup Steamed Rice 1/2 cup Green Beans 1pc or 1/2 cup Fruit Low fat Milk 8oz
29	30	31				
Memorial Day	Baked Salmon/Herb Sauce 1 cup Steamed Rice 1/2c Broccoli 1pc or 1/2 cup Fruit Low fat Milk 8oz	Ground Beef / Veggies 1 cup Steamed Rice 1/2 cup Carrots 1pc or 1/2 cup 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.

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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 MAY 2023**

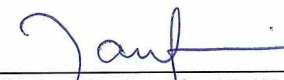
MON	TUE	WED	THURS	FRI
1	2	3	4	5
Gr.Beef Meatloaf w/Gravy Mashed Potato 1/2 cup Green Beans 1pc or 1/2 cup Fruit Low fat Milk 8oz	Chicken Curry 1 cup Steamed Rice 1/2 cup Cauliflower 1pc or 1/2 cup Fruit Low fat Milk 8oz	Pork Menudo 1 cup Steamed Rice 1/2 cup Green Peas 1pc or 1/2 cup Fruit Low fat Milk 8oz	Baked Salmon/Tartar Sce 1 cup Steamed Rice 1/2 cup Broccoli 1pc or 1/2 cup Fruit Low fat Milk 8oz	Ground Beef/Veggies 1 cup Steamed Rice 1/2 cup Carrots 1pc or 1/2 cup Fruit Low fat Milk 8oz
8	9	10	11	12
Chicken/BBQ Sauce 1 cup Red Rice 1/2c Cut Corn 1pc or 1/2 cup Fruit Low fat Milk 8oz	Fish Sarciado(Diced Tomato) 1 cup Steamed Rice 1/2 cup Peas & Carrots 1pc or 1/2 cup Fruit Low fat Milk 8oz	Spaghetti Beef Bolognese 1 pc Bread 1/2 cup Cauliflower 1pc or 1/2 cup Fruit Low fat Milk 8oz	Pork Kadu 1 cup Steamed Rice 1/2 cup Cabbage 1pc or 1/2 cup Fruit Low fat Milk 8oz	Sesame Garlic Chicken 1 cup Steamed Rice 1/2 c Mixed Vegetable 1pc or 1/2 cup Fruit Low fat Milk 8oz
15	16	17	18	19
Pork Caldereta 1 cup Steamed Rice 1/2 cup Cut Corn 1pc or 1/2 cup Fruit Low fat Milk 8oz	Grd. Beef Tinaktak 1 cup Steamed Rice 1/2 c Green Beans 1pc or 1/2 cup Fruit Low fat Milk 8oz	Fish w/ Turmeric Sauce 1 cup Steamed Rice 1/2 cup Broccoli 1pc or 1/2 cup Fruit Low fat Milk 8oz	Chicken Afritada 1 cup Steamed Rice 1/2 cup Peas & Carrots 1pc or 1/2 cup Fruit Low fat Milk 8oz	Grd Beef w/Bell Peppers 1 cup Steamed Rice 1/2c Mixed Vegetable 1pc or 1/2 cup Fruit Low fat Milk 8oz
22	23	24	25	26
Sweet & Sour Fish 1 cup Steamed Rice 1/2c Mixed Vegetable 1pc or 1/2 cup Fruit Low fat Milk 8oz	Grd Beef Menudo 1 cup Steamed Rice 1/2 cup Green Beans 1pc or 1/2 cup Fruit Low fat Milk 8oz	Pork Estufao 1 cup Steamed Rice 1/2c Cabbage Slaw 1pc or 1/2 cup Fruit Low fat Milk 8oz	StirFry Chicken/Veggie 1 cup Steamed Rice 1/2cup Green Beans 1pc or 1/2 cup Fruit Low fat Milk 8oz	Beef Macaroni Casserole 1 pc Bread 1/2 c Peas & Carrots 1pc or 1/2 cup Fruit Low fat Milk 8oz
29	30	31		
Memorial Day	Baked Salmon/Herb Sauce 1 cup Steamed Rice 1/2c Broccoli 1pc or 1/2 cup Fruit Low fat Milk 8oz	Ground Beef / Veggies 1 cup Steamed Rice 1/2 cup Carrots 1pc or 1/2 cup 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: VEGETARIAN Lunch-Home Delivered Meals (C-2) for MAY 2023

MON	TUE	WED	THURS	FRI	SAT	SUN
1	2	3	4	5	6	7
Eggplant Estufao Mashed Potato 1/2 cup Green Beans 1pc or 1/2 cup Fruit Low fat Milk 8oz	Potato/Peas Curry 1 cup Steamed Rice 1/2 cup Cauliflower 1pc or 1/2 cup Fruit Low fat Milk 8oz	Kidney Beans Menudo 1 cup Steamed Rice 1/2 cup Green Peas 1pc or 1/2 cup Fruit Low fat Milk 8oz	Baked Squash 1 cup Steamed Rice 1/2 cup Broccoli 1pc or 1/2 cup Fruit Low fat Milk 8oz	Sauteed Mixed Veggies 1 cup Steamed Rice 1/2 cup Carrots 1pc or 1/2 cup Fruit Low fat Milk 8oz	Vegetable Pancit 1 pc Bread 1/2 c Green Beans 1pc or 1/2 cup Fruit Low fat Milk 8oz	Veggie Sinigang 1 cup Steamed Rice 1/2 c Cabbage 1pc or 1/2 cup Fruit Low fat Milk 8oz
8	9	10	11	12	13	14
Tofu/BBQ Sauce 1 cup Red Rice 1/2c Cut Corn 1pc or 1/2 cup Fruit Low fat Milk 8oz	Tofu Sarciado(Diced Tomato) 1 cup Steamed Rice 1/2 cup Peas & Carrots 1pc or 1/2 cup Fruit Low fat Milk 8oz	Spaghetti /Tomato Sauce 1 pc Bread 1/2 cup Cauliflower 1pc or 1/2 cup Fruit Low fat Milk 8oz	Vegetable Chopsuey 1 cup Steamed Rice 1/2 cup Cabbage 1pc or 1/2 cup Fruit Low fat Milk 8oz	Sesame Garlic Tofu 1 cup Steamed Rice 1/2 c Mixed Vegetable 1pc or 1/2 cup Fruit Low fat Milk 8oz	Sauteed Mongo Beans 1 cup Steamed Rice 1/2cup Green Beans 1pc or 1/2 cup Fruit Low fat Milk 8oz	Eggplant/Oyster Sauce 1 cup Steamed Rice 1/2 c Green Peas 1pc or 1/2 cup Fruit Low fat Milk 8oz
15	16	17	18	19	20	21
Mixed Beans Caldereta 1 cup Steamed Rice 1/2 cup Cut Corn 1pc or 1/2 cup Fruit Low fat Milk 8oz	Green Beans Tinaktak 1 cup Steamed Rice 1/2 c Cauliflower 1pc or 1/2 cup Fruit Low fat Milk 8oz	Tofu w/ Turmeric Sauce 1 cup Steamed Rice 1/2 cup Broccoli 1pc or 1/2 cup Fruit Low fat Milk 8oz	Squash Afritada 1 cup Steamed Rice 1/2 cup Peas & Carrots 1pc or 1/2 cup Fruit Low fat Milk 8oz	Sauteed Veggies 1 cup Steamed Rice 1/2c Mixed Vegetable 1pc or 1/2 cup Fruit Low fat Milk 8oz	Vegetable Chopsuey 1 cup Steamed Rice 1/2c Carrots 1pc or 1/2 cup Fruit Low fat Milk 8oz	Tofu Adobo 1 cup Steamed Rice 1/2 cup Cut Corn 1pc or 1/2 cup Fruit Low fat Milk 8oz
22	23	24	25	26	27	28
Sweet & Sour Veggies 1 cup Steamed Rice 1/2c Mixed Vegetable 1pc or 1/2 cup Fruit Low fat Milk 8oz	Potato/Peas Menudo 1 cup Steamed Rice 1/2 cup Green Beans 1pc or 1/2 cup Fruit Low fat Milk 8oz	Eggplant Estufao 1 cup Steamed Rice 1/2c Cabbage Slaw 1pc or 1/2 cup Fruit Low fat Milk 8oz	StirFry Vegetables 1 cup Steamed Rice 1/2cup Green Beans 1pc or 1/2 cup Fruit Low fat Milk 8oz	Macaroni Casserole 1 pc Bread 1/2 c Peas & Carrots 1pc or 1/2 cup Fruit Low fat Milk 8oz	Vegetable Kadu 1 cup Steamed Rice 1/2 c Cabbage 1pc or 1/2 cup Fruit Low fat Milk 8oz	Squash Curry 1 cup Steamed Rice 1/2 cup Green Beans 1pc or 1/2 cup Fruit Low fat Milk 8oz
29	30	31				
Memorial Day	Baked Tofu/Herb Sauce 1 cup Steamed Rice 1/2c Broccoli 1pc or 1/2 cup Fruit Low fat Milk 8oz	Sauteed Mongo Beans 1 cup Steamed Rice 1/2 cup Carrots 1pc or 1/2 cup Fruit Low fat Milk 8oz				

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

DSC-Elderly Nutrition Program:Vegetarian Lunch-CONGREGATE Meals (C-1) for MAY 2023

MON	TUE	WED	THURS	FRI
1	2	3	4	5
Eggplant Estufao Mashed Potato 1/2 cup Green Beans 1pc or 1/2 cup Fruit Low fat Milk 8oz	Potato/Peas Curry 1 cup Steamed Rice 1/2 cup Cauliflower 1pc or 1/2 cup Fruit Low fat Milk 8oz	Kidney Beans Menudo 1 cup Steamed Rice 1/2 cup Green Peas 1pc or 1/2 cup Fruit Low fat Milk 8oz	Baked Squash 1 cup Steamed Rice 1/2 cup Broccoli 1pc or 1/2 cup Fruit Low fat Milk 8oz	Sauteed Mixed Veggies 1 cup Steamed Rice 1/2 cup Carrots 1pc or 1/2 cup Fruit Low fat Milk 8oz
8	9	10	11	12
Tofu/BBQ Sauce 1 cup Red Rice 1/2c Cut Corn 1pc or 1/2 cup Fruit Low fat Milk 8oz	Tofu Sarciado(Diced Tomato) 1 cup Steamed Rice 1/2 cup Peas & Carrots 1pc or 1/2 cup Fruit Low fat Milk 8oz	Spaghetti /Tomato Sauce 1 pc Bread 1/2 cup Cauliflower 1pc or 1/2 cup Fruit Low fat Milk 8oz	Vegetable Chopsuey 1 cup Steamed Rice 1/2 cup Cabbage 1pc or 1/2 cup Fruit Low fat Milk 8oz	Sesame Garlic Tofu 1 cup Steamed Rice 1/2 c Mixed Vegetable 1pc or 1/2 cup Fruit Low fat Milk 8oz
15	16	17	18	19
Mixed Beans Caldereta 1 cup Steamed Rice 1/2 cup Cut Corn 1pc or 1/2 cup Fruit Low fat Milk 8oz	Green Beans Tinaktak 1 cup Steamed Rice 1/2 c Cauliflower 1pc or 1/2 cup Fruit Low fat Milk 8oz	Tofu w/ Turmeric Sauce 1 cup Steamed Rice 1/2 cup Broccoli 1pc or 1/2 cup Fruit Low fat Milk 8oz	Squash Afritada 1 cup Steamed Rice 1/2 cup Peas & Carrots 1pc or 1/2 cup Fruit Low fat Milk 8oz	Sauteed Veggies 1 cup Steamed Rice 1/2c Mixed Vegetable 1pc or 1/2 cup Fruit Low fat Milk 8oz
22	23	24	25	26
Sweet & Sour Veggies 1 cup Steamed Rice 1/2c Mixed Vegetable 1pc or 1/2 cup Fruit Low fat Milk 8oz	Potato/Peas Menudo 1 cup Steamed Rice 1/2 cup Green Beans 1pc or 1/2 cup Fruit Low fat Milk 8oz	Eggplant Estufao 1 cup Steamed Rice 1/2c Cabbage Slaw 1pc or 1/2 cup Fruit Low fat Milk 8oz	StirFry Vegetables 1 cup Steamed Rice 1/2cup Green Beans 1pc or 1/2 cup Fruit Low fat Milk 8oz	Macaroni Casserole 1 pc Bread 1/2 c Peas & Carrots 1pc or 1/2 cup Fruit Low fat Milk 8oz
29	30	31		
Memorial Day	Baked Tofu/Herb Sauce 1 cup Steamed Rice 1/2c Broccoli 1pc or 1/2 cup Fruit Low fat Milk 8oz	Sauteed Mongo Beans 1 cup Steamed Rice 1/2 cup Carrots 1pc or 1/2 cup Fruit Low fat Milk 8oz		

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