

# 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-Home Delivered Meals (C-2) for NOVEMBER 2021

MON	TUE	WED	THURS	FRI	SAT	SUN
1 Glazed Ham w/ Pineapple 1 cup Steamed Rice 1/2 cup Green Peas 1/2cup Canned Fruit Low fat Milk 8oz	2 ALL SOUL'S DAY Fish w/ White Sauce Steamed Rice 1/2cup Cabbage Salad 1/2cup Canned Fruit Low fat Milk 8oz	3 Pork Estufo 1 cup Steamed Rice 1/2 cup Green Beans 1pc Fresh Fruit Low fat Milk 8oz	4 Pork Asado 1 cup Steamed Rice 1/2 c Cut Corn 1/2cup Canned Fruit Low fat Milk 8oz	5 Chicken Sinigang 1 cup Steamed Rice 1/2cup Cabbage 1/2cup Fresh Fruit Low fat Milk 8oz	6 Pork Adobo 1 cup Steamed Rice 1/2 c Cut Corn 1/2cup Canned Fruit Low fat Milk 8oz	7 Chicken Afritada 1 cup Steamed Rice 1/2 cup Carrots 1/2cup Canned Fruit Low fat Milk 8oz
8 Beef Macaroni Casserole 1 pc Bread 1/2cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	9 Pork Sinigang 1 cup Steamed Rice 1/2cup Cabbage 1/2cup Fresh Fruit Low fat Milk 8oz	10 Chicken Curry 1 cup Steamed Rice 1/2 cup Green Peas 1pc Fresh Fruits Low fat Milk 8oz	11 VETERAN'S DAY Spaghetti Bolognese 1 pc Bread 1/2cup Carrots 1/2 cup Canned Fruit Low fat Milk 8oz	12 Spaghetti Bolognese 1 pc Bread 1/2cup Carrots 1/2 cup Canned Fruit Low fat Milk 8oz	13 Chicken Tinola 1 cup Steamed Rice 1/2 cup Green Beans 1pc Fresh Fruit Low fat Milk 8oz	14 Pork Menudo 1 cup Steamed Rice 1/2 cup Green Peas 1/2cup Canned Fruit Low fat Milk 8oz
15 Fish in White Sauce 1 cup Steamed Rice 1/2cup Peas & Carrots 1pc Fresh Fruit Low fat Milk 8oz	16 Chicken Kalbi 1 cup Steamed Rice 1/2cup Cabbage Salad 1/2cup Canned Fruit Low fat Milk 8oz	17 Gr. Beef w/ Veggies 1 cup Steamed Rice 1/2 cup Green Peas 1pc Fresh Fruit Low fat Milk 8oz	18 Glazed Ham w/ Pineapple 1 cup Steamed Rice 1/2 cup Broccoli 1pc Fresh Fruit Low fat Milk 8oz	19 Chicken Caldereta 1 cup Steamed Rice 1/2 cup Carrots 1/2cup Canned Fruit Low fat Milk 8oz	20 Pork Kadu 1 cup Steamed Rice 1/2 c Cabbage 1pc Fresh Fruit Low fat Milk 8oz	21 Chicken Estufo 1 cup Steamed Rice 1/2 cup Cut Corn 1/2cup Canned Fruit Low fat Milk 8oz
22 Spaghetti Bolognese 1 pc Bread 1/2 cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	23 Pork Menudo 1 cup Steamed Rice 1/2 cup Carrots 1pc Fresh Fruit Low fat Milk 8oz	24*Pre-Thanksgiving Roast Turkey/Gravy 1 c Mashed Potato 1/2 cup Broccoli 1/2cup Fruit Low fat Milk 8oz	25 Happy Thanksgiving Gr. Beef w/ Mushrm Sce 1 cup Steamed Rice 1/2 cup Green Peas 1/2cup Fresh Fruit Low fat Milk 8oz	26 Gr. Beef w/ Mushrm Sce 1 cup Steamed Rice 1/2 cup Green Peas 1/2cup Fresh Fruit Low fat Milk 8oz	27 Chicken Cacciatore 1 cup Steamed Rice 1/2cup Peas & Carrots 1/2cup Canned Fruit Low fat Milk 8oz	28 Pork Teriyaki 1 cup Steamed Rice 1/2cup Cauliflower 1pc Fresh Fruit Low fat Milk 8oz
29 Chicken Chopsuey 1 cup Steamed Rice 1/2 cup Carrots 1/2cup Canned Fruit Low fat Milk 8oz	30 Gr Beef Tinaktak 1 cup Steamed Rice 1/2cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz					

Reviewed & Approved by:

*Marisa P.M. Gersaniba*

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

Acknowledged by:

*Hui S. Min*

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

# 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 NOVEMBER 2021

MON	TUE	WED	THURS	FRI
1	2	3	4	5
<b>Glazed Ham w/ Pineapple</b>	<b>ALL SOUL'S DAY</b>	<b>Fish w/ White Sauce</b>	<b>Pork Estufao</b>	<b>Chicken Sinigang</b>
1 cup Steamed Rice		<b>Steamed Rice</b> (C)	1 cup Steamed Rice	1 cup Steamed Rice
1/2 cup Green Peas		1/2 cup Cabbage Salad	1/2 cup Green Beans	1/2 cup Cabbage
1/2 cup Canned Fruit		1/2 cup Canned Fruit	1 pc Fresh Fruit	1/2 cup Fresh Fruit
Low fat Milk 8oz		Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz
8	9	10	11	12
<b>Beef Macaroni Casserole</b>	<b>Pork Sinigang</b>	<b>Chicken Curry</b>	<b>VETERAN'S DAY</b>	<b>Spaghetti Bolognese</b>
1 pc Bread	1 cup Steamed Rice	1 cup Steamed Rice		1 pc Bread
1/2 cup Green Beans	1/2 cup Cabbage	1/2 cup Green Peas		1/2 cup Carrots
1/2 cup Canned Fruit	1/2 cup Fresh Fruit	1 pc Fresh Fruits		1/2 cup Canned Fruit
Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz		Low fat Milk 8oz
15	16	17	18	19
<b>Fish in White Sauce</b>	<b>Chicken Kalbi</b>	<b>Ground Beef w/ Veggies</b>	<b>Glazed Ham w/ Pineapple</b>	<b>Chicken Caldereta</b>
1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
1/2 cup Peas & Carrots	1/2 cup Cabbage Salad	1/2 cup Green Peas	1/2 cup Broccoli	1/2 cup Carrots
1 pc Fresh Fruit	1/2 cup Canned Fruit	1 pc Fresh Fruit	1 pc Fresh 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
22	23	24*Pre-Thanksgiving	25	26
<b>Spaghetti Bolognese</b>	<b>Pork Menudo</b>	<b>Roast Turkey/Gravy</b>	<b>Happy Thanksgiving</b>	<b>Gr. Beef w/ Mushroom Sce</b>
1 pc Bread	1 cup Steamed Rice	1 c Mashed Potato		1 cup Steamed Rice
1/2 cup Green Beans	1/2 cup Carrots	1/2 cup Broccoli		1/2 cup Green Peas
1/2 cup Canned Fruit	1 pc Fresh Fruit	1/2 cup Fruit		1/2 cup Fresh Fruit
Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz		Low fat Milk 8oz
29	30			
<b>Chicken Chopsuey</b>	<b>Gr Beef Tinaktak</b>			
1 cup Steamed Rice	1 cup Steamed Rice			
1/2 cup Carrots	1/2 cup Green Beans			
1/2 cup Canned Fruit	1/2 cup Canned Fruit			
Low fat Milk 8oz	Low fat Milk 8oz			

Reviewed & Approved by:

*Maria P. M. Gersaniba*

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

Acknowledged by:

*Hui S. Min*

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

# 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-Home Delivered Meals (C-2) for NOVEMBER 2021-VEGETARIAN

MON	TUE	WED	THURS	FRI	SAT	SUN
1	2	3	4	5	6	7
Shoyu Tofu	ALL SOUL'S DAY	Squash w/ White Sauce	Tofu Estufao	Veggie Sinigang	Tofu Asado	Eggplant Afritada
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
1/2 cup Green Peas	1/2 cup Cabbage Salad	1/2 cup Cabbage Salad	1/2 cup Green Beans	1/2 cup Cabbage	1/2 c Cut Corn	1/2 cup Carrots
1/2 cup Canned Fruit	1/2 cup Canned Fruit	1/2 cup Canned Fruit	1pc Fresh Fruit	1/2 cup Fresh Fruit	1/2 cup 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	Low fat Milk 8oz	Low fat Milk 8oz
8	9	10	11	12	13	14
Macaroni Casserole	Vegetable Sinigang	Squash Curry	VETERAN'S DAY	Spaghetti w/ Tomato Sauce	Sauteed Mongo beans	Kidney Beans Mennudo
1 pc Bread	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 pc Bread	1 cup Steamed Rice	1 cup Steamed Rice
1/2 cup Green Beans	1/2 cup Cabbage	1/2 cup Green Peas	1/2 cup Green Beans	1/2 cup Carrots	1/2 cup Carrots	1/2 cup Green Peas
1/2 cup Canned Fruit	1/2 cup Fresh Fruit	1pc Fresh Fruits	1/2 cup Canned Fruit	1/2 cup Canned Fruit	1pc Fresh 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	Low fat Milk 8oz	Low fat Milk 8oz
15	16	17	18	19	20	21
Italian Veg White Sauce	Tofu Kalbi	Eggplant Adobo / Onions	Tofu Steak w/ Onions	Squash Caldereta	Veggie Kadu	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
1/2 cup Peas & Carrots	1/2 cup Cabbage Salad	1/2 cup Green Peas	1/2 cup Broccoli	1/2 cup Carrots	1/2 c Cabbage	1/2 cup Cut Corn
1pc Fresh Fruit	1/2 cup Canned Fruit	1pc Fresh Fruit	1pc Fresh Fruit	1/2 cup Canned Fruit	1pc Fresh 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	Low fat Milk 8oz	Low fat Milk 8oz
22	23	24*Pre-Thanksgiving	25	26	27	28
Spaghetti w/ Tomato Sauce	Beans Mennudo	ROAST TOFU VEGGIE GRavy	Happy Thanksgiving	Italian Veg /Mushroom Sce	Squash/Eggplant Cacciatore	Tofu Teriyaki
1 pc Bread	1 cup Steamed Rice	1 c Mashed Potato	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
1/2 cup Green Beans	1/2 cup Carrots	1/2 cup Broccoli	1/2 cup Green Beans	1/2 cup Green Peas	1/2 cup Peas & Carrots	1/2 cup Cauliflower
1/2 cup Canned Fruit	1pc Fresh Fruit	1/2 cup Fruit	1/2 cup Canned Fruit	1/2 cup Fresh Fruit	1/2 cup 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					
Veggie Chopsuey	Gr. Beans Tinaktak					
1 cup Steamed Rice	1 cup Steamed Rice					
1/2 cup Carrots	1/2 cup Green Beans					
1/2 cup Canned Fruit	1/2 cup Canned Fruit					
Low fat Milk 8oz	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.

# 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 NOVEMBER 2021- VEGETARIAN

MON	TUE	WED	THURS	FRI
1	2	3	4	5
<b>Shoyu Tofu</b>	<b>ALL SOUL'S DAY</b>	<b>Squash w/ White Sauce</b>	<b>Tofu Estufo</b>	<b>Veggie Sinigang</b>
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	1/2cup Cabbage Salad	1/2cup Cabbage Salad	1/2 cup Green Beans	1/2cup Cabbage
1/2cup Canned Fruit	1/2cup Canned 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
8	9	10	11	12
<b>Macaroni Casserole</b>	<b>Vegetable Sinigang</b>	<b>Squash Curry</b>	<b>VETERAN'S DAY</b>	<b>Spaghetti w/ Tomato Sauce</b>
1 pc Bread	1 cup steamed Rice	1 cup Steamed Rice		1 pc Bread
1/2cup Green Beans	1/2cup Cabbage	1/2 cup Green Peas		1/2cup Carrots
1/2cup Canned Fruit	1/2cup Fresh Fruit	1pc Fresh Fruits		1/2 cup Canned Fruit
Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz		Low fat Milk 8oz
15	16	17	18	19
<b>Italian Veg White Sauce</b>	<b>Tofu Kalbi</b>	<b>Eggplant Adobo / Onions</b>	<b>Tofu Steak w/ Onions</b>	<b>Squash Caldereta</b>
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 Cabbage Salad	1/2 cup Green Peas	1/2 cup Broccoli	1/2 cup Carrots
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*Pre-Thanksgiving	25	26
<b>Spaghetti w/ Tomato Sauce</b>	<b>Beans Menudo</b>	<b>ROASTED VEGGIE / POTATO</b>	<b>Happy Thanksgiving</b>	<b>Italian Veg / Mushroom Sauce</b>
1 pc Bread	1 cup Steamed Rice	1 pc Mashed Potato		1 cup Steamed Rice
1/2 cup Green Beans	1/2 cup Carrots	1/2 cup Broccoli		1/2 cup Green Peas
1/2cup Canned Fruit	1pc Fresh Fruit	1/2cup Fruit		1/2cup Fresh Fruit
Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz		Low fat Milk 8oz
29	30			
<b>Veggie Chopsuey</b>	<b>Gr. Beans Tinaktak</b>			
1 cup Steamed Rice	1 cup Steamed Rice			
1/2 cup Carrots	1/2 cup Green Beans			
1/2cup Canned Fruit	1/2cup Canned Fruit			
Low fat Milk 8oz	Low fat Milk 8oz			

Reviewed & Approved by:

Maria P. M. Gersaniba, RDN LD Lich884140

Acknowledged by:

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