

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 OCTOBER 2021

MON	TUE	WED	THURS	FRI	SAT	SUN
				1	2	3
				Pork Picadillo	Chicken Sinigang	Pork Afritada
				1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
				1/2cup Peas & Carrots	1/2 c Cabbage	1/2 cup 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
4	5	6	7	8	9	10
Spaghetti Bolognese	Fish Escabeche	Pork Teriyaki	Chicken Cacciatore	Gr. Beef w/ Vegetable	Pork Pancit	Chicken Estufao
1 pc Bread	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 Sl Bread	1 cup Steamed Rice
1/2cup Green Beans	1/2cup Cabbage Salad	1/2 cup Carrots	1/2cup Peas & Carrots	1/2cup Broccoli	1/2 cup Green Beans	1/2cup Cut Corn
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
11	12	13	14	15	16	17
Fish in White Sauce	Sweet & Sour Chicken	Pork Afritada	Gr. Beef Menudo	Glazed Ham w/ P-apple	Chicken Kadu	Pork Steak w/ Onions
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	1/2cup Carrots	1/2 cup Green Peas	1/2cup Green Beans	1/2 c Cabbage	1/2 cup Green Peas
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
18	19	20	21	22	23	24
Ginger Chicken	Beef Macaroni Casserole	Fish w/ Turmeric	Chicken Curry	Gr Beef/Mushroom Sce	Pork Sinigang	Chicken Afritada
1 cup Steamed Rice	1 pc Bread	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
1/2cup Carrots	1/2 cup Green Peas	1/2cup Cabbage Salad	1/2 cup Green Peas	1/2cup Cut Corn	1/2 c Cabbage	1/2cup Green Beans
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
25	26	27	28	29	30	
Stirfy Gr. Beef/Veggies	Fish in White Sce	Pork Steak w/Onions	Chicken Sinigang	Spaghetti Bolognese	Lemon Oregano Chicken	
1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 pc Bread	1 cup Steamed Rice	
1/2 cup Carrots	1/2cup Peas & Carrots	1/2cup Cut Corn	1/2cup Green beans	1/2 cup Green Peas	1/2 cup Carrots	
1/2cup Canned Fruit	1/2cup Canned Fruit	1/2cup Canned Fruit	1/2cup Canned Fruit	1/2cup Canned 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	

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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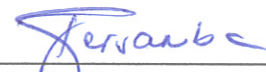
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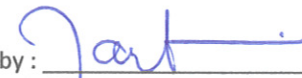
DSC-Elderly Nutrition Program: Lunch CONGREGATE Meals (C-1) for OCTOBER 2021

MON	TUE	WED	THURS	FRI
				1
				Pork Picadillo
				1 cup Steamed Rice
				1/2cup Peas & Carrots
				1/2cup Canned Fruit
				Low fat Milk 8oz
4	5	6	7	8
Spaghetti Bolognese	Fish Escabeche	Pork Teriyaki	Chicken Cacciatore	Gr. Beef w/ Vegetable
1 pc Bread	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
1/2cup Green Beans	1/2cup Cabbage Salad	1/2 cup Carrots	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
11	12	13	14	15
Fish in White Sauce	Sweet & Sour Chicken	Pork Afritada	Gr. Beef Menudo	Glazed Ham w/ P-apple
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	1/2cup Carrots	1/2 cup Green Peas	1/2cup Green Beans
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
18	19	20	21	22
Ginger Chicken	Beef Macaroni Casserole	Fish w/ Turmeric	Chicken Curry	Gr Beef/Mushroom Sce
1 cup Steamed Rice	1 pc Bread	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
1/2cup Carrots	1/2 cup Green Peas	1/2cup Cabbage Salad	1/2 cup Green Peas	1/2cup Cut Corn
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
25	26	27	28	29
Stirfy Gr. Beef/Veggies	Fish in White Sce	Pork Steak w/Onions	Chicken Sinigang	Spaghetti Bolognese
1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 pc Bread
1/2 cup Carrots	1/2cup Peas & Carrots	1/2cup Cut Corn	1/2cup Green beans	1/2 cup Green Peas
1/2cup Canned Fruit	1/2cup Canned Fruit	1/2cup Canned Fruit	1/2cup Canned 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

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DSC-Elderly Nutrition Program: Lunch-Home Delivered Meals (C-2) for OCTOBER 2021-VEGETARIAN

MON	TUE	WED	THURS	FRI	SAT	SUN
				1	2	3
				Mixed Beans Picadillo	Veggie Sinigang	Tofu Afritada
				1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
				1/2cup Peas & Carrots	1/2 c Cabbage	1/2 cup 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
4	5	6	7	8	9	10
Spaghetti Bolognese	Tofu Escabeche	Eggplant Teriyaki	Squash Cacciatore	Tofu w/ Vegetable	Veggie Pancit	Tofu Estufao
1 pc Bread (No Meat)	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 SI Bread	1 cup Steamed Rice
1/2cup Green Beans	1/2cup Cabbage Salad	1/2 cup Carrots	1/2cup Peas & Carrots	1/2cup Broccoli	1/2 cup Green Beans	1/2cup Cut Corn
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
11	12	13	14	15	16	17
Gr. Beans/ White Sauce	Sweet & Sour Tofu	Eggplant Afritada	Kidney Beans Menudo	Sauteed Mongo Beans	Veggie Kadu	Tofu Steak w/ Onions
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	1/2cup Carrots	1/2 cup Green Peas	1/2cup Green Beans	1/2 c Cabbage	1/2 cup Green Peas
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
18	19	20	21	22	23	24
Veggie Tinola	Macaroni Casserole	Eggplant w/ Turmeric	Squash Curry	Mix Veg/Mushroom Sce	Sauteed Mongo Beans	Eggplant Afritada
1 cup Steamed Rice	1 pc Bread	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
1/2cup Carrots	1/2 cup Green Peas	1/2cup Cabbage Salad	1/2 cup Green Peas	1/2cup Cut Corn	1/2 c Cabbage	1/2cup Green Beans
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
25	26	27	28	29	30	
Stirfy Vegetables	Tofu in White Sce	Eggplant Steak /Onions	Veggie Sinigang	Spaghetti Bolognese	Lemon Oregano Tofu	
1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 pc Bread (No Meat)	1 cup Steamed Rice	
1/2 cup Carrots	1/2cup Peas & Carrots	1/2cup Cut Corn	1/2cup Green beans	1/2 cup Green Peas	1/2 cup Carrots	
1/2cup Canned Fruit	1/2cup Canned Fruit	1/2cup Canned Fruit	1/2cup Canned Fruit	1/2cup Canned 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	

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				1 cup Steamed Rice
				1/2cup Peas & Carrots
				1/2cup Canned Fruit
				Low fat Milk 8oz
4	5	6	7	8
Spaghetti Bolognese	Tofu Escabeche	Eggplant Teriyaki	Squash Cacciatore	Tofu w/ Vegetable
1 pc Bread (No Meat)	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
1/2cup Green Beans	1/2cup Cabbage Salad	1/2 cup Carrots	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
11	12	13	14	15
Gr. Beans/ White Sauce	Sweet & Sour Tofu	Eggplant Afritada	Kidney Beans Menudo	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	1/2cup Carrots	1/2 cup Green Peas	1/2cup Green Beans
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
18	19	20	21	22
Veggie Tinola	Macaroni Casserole	Eggplant w/ Turmeric	Squash Curry	Mix Veg/Mushroom Sce
1 cup Steamed Rice	1 pc Bread	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
1/2cup Carrots	1/2 cup Green Peas	1/2cup Cabbage Salad	1/2 cup Green Peas	1/2cup Cut Corn
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
25	26	27	28	29
Stirfy Vegetables	Tofu in White Sce	Eggplant Steak /Onions	Veggie Sinigang	Spaghetti Bolognese
1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 pc Bread (No Meat)
1/2 cup Carrots	1/2cup Peas & Carrots	1/2cup Cut Corn	1/2cup Green beans	1/2 cup Green Peas
1/2cup Canned Fruit	1/2cup Canned Fruit	1/2cup Canned Fruit	1/2cup Canned 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

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