

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 2020

MON	TUE	WED	THURS	FRI	SAT	SUN
5 Spaghetti w/ Gr Beef/Tom See 1 pc Bread 1/2 cup Green Beans 1pc Fresh Fruit Low fat Milk 8oz	6 Chicken Curry 1 cup Steamed Rice 1/2cup Mixed Vegetables 1/2cup Canned Fruit Low fat Milk 8oz	7 Fish w/ Coconut Milk 1 cup Steamed Rice 1/2cup Carrots 1pc Fresh Fruits Low fat Milk 8oz	8 Pork Sinigang 1 cup Steamed Rice 1/2cup Cabbage 1pc Fresh Fruit Low fat Milk 8oz	9 Stir Fry Chicken 1 cup Steamed Rice 1/2 cup Mixed Vegetables 1/2 cup Canned Fruit Low fat Milk 8oz	10 Pork Menudo 1 cup Steamed Rice 1/2 cup Carrots/Peas 1pc Fresh Fruit Low fat Milk 8oz	11 Chicken Pancit 1 pc Bread 1/2 cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz
12 Pork Steak w/ Onions 1 cup Steamed Rice 1/2 cup Mixed vegetable 1pc Fresh Fruit Low fat Milk 8oz	13 Fish Escabeche 1 cup Steamed Rice 1/2cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	14 Glazed Ham w/ Pineapple 1 cup Steamed Rice 1/2 cup Peas & Carrots 1pc Fresh Fruit Low fat Milk 8oz	15 Chicken w/Mushroom See 1 cup Steamed Rice 1/2cup Cabbage salad 1/2cup Canned Fruit Low fat Milk 8oz	16 Ground Beef w/ Veggies 1 cup Steamed Rice 1/2 cup Green Peas 1pc Fresh Fruit Low fat Milk 8oz	17 Chicken Tinola 1 cup Steamed Rice 1/2 cup Bo. Cabbage 1pc Fresh Fruit Low fat Milk 8oz	18 Pork Asado 1 cup Steamed Rice 1/2 cup Carrots 1/2cup Canned Fruit Low fat Milk 8oz
19 Fish Sancharlo (Tomato See) 1 cup Steamed Rice 1/2cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	20 Pork Pancit 1 pc Bread 1/2 cup Mixed Veg 1pc Fresh Fruit Low fat Milk 8oz	21 Stir Fry Beef w/ Veg 1 cup Steamed Rice 1/2 cup Cabbage 1/2cup Canned Fruit Low fat Milk 8oz	22 Glazed Ham w/ Pineapple 1 cup Steamed Rice 1/2 cup Cut Corn 1pc Fresh Fruit Low fat Milk 8oz	23 Chicken in Oyster See 1 cup Steamed Rice 1/2 cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	24 Pork Kardu 1 cup Steamed Rice 1/2cup Carrots 1/2cup Canned Fruit Low fat Milk 8oz	25 Chicken Aritada 1 cup Steamed Rice 1/2 cup Mixed Veg 1pc Fresh Fruit Low fat Milk 8oz
26 Beef Manaroni Pasta 1 pc Bread 1/2 cup Peas & Carrots 1pc Fresh Fruit Low fat Milk 8oz	27 Chicken Stir Fry 1 cup Steamed Rice 1/2 cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	28 Pork Menudo 1 cup Steamed Rice 1/2 cup Carrots 1 pc Fresh Fruit Low fat Milk 8oz	29 Fish w/ Teriyaki See 1 cup Steamed Rice 1/2cup Cut Corn 1pc Fresh Fruit Low fat Milk 8oz	30 Chicken Curry 1 cup Steamed Rice 1/2 cup Green Peas 1pc Fresh Fruit Low fat Milk 8oz	31 Glazed Ham w/ Pineapple 1 cup Steamed Rice 1/2 cup Mixed Veg 1pc Fresh Fruit Low fat Milk 8oz	

Reviewed & Approved by:

Marie P.M. Gersaniba

Marie P.M. Gersaniba, RDN LD Lic#8984140

Acknowledged by:

Hui S Min

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

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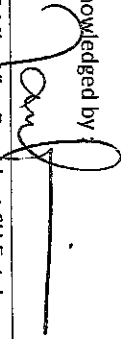
MON	TUE	WED	THURS	FRI
			1	2
			Pork Estufao 1 cup Steamed Rice 1/2cup Carrots 1pc Fresh Fruits Low fat Milk 8oz	Lemon Herb Fish 1 cup Steamed Rice 1/2cup Cut Corn 1/2cup Canned Fruit Low fat Milk 8oz
5	6	7	8	9
Spaghetti w/ Gr Beef/Tom Sce 1 pc Bread 1/2 cup Green Beans 1pc Fresh Fruit Low fat Milk 8oz	Chicken Curry 1 cup Steamed Rice 1/2 cup Mixed Vegetables 1/2cup Canned Fruit Low fat Milk 8oz	Fish w/ Coconut Milk 1 cup Steamed Rice 1/2cup Carrots 1pc Fresh Fruits Low fat Milk 8oz	Pork Sinigang 1 cup Steamed Rice 1/2 cup Cabbage 1pc Fresh Fruit Low fat Milk 8oz	Stir Fry Chicken 1 cup Steamed Rice 1/2 cup Mixed Vegetables 1/2 cup Canned Fruit Low fat Milk 8oz
12	13	14	15	16
Pork Steak w/ Onions 1 cup Steamed Rice 1/2 cup Mixed vegetable 1pc Fresh Fruit Low fat Milk 8oz	Fish Escabeche 1 cup Steamed Rice 1/2cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	Glazed Ham w/ Pineapple 1 cup Steamed Rice 1/2 cup Peas & Carrots 1pc Fresh Fruit Low fat Milk 8oz	Chicken w/ Mushroom Sce 1 cup Steamed Rice 1/2cup Cabbage salad 1/2cup Canned Fruit Low fat Milk 8oz	Ground Beef w/ Veggies 1cup Steamed Rice 1/2 cup Green Peas 1pc Fresh Fruit Low fat Milk 8oz
19	20	21	22	23
Fish Sardiado (Tomato Sce) 1 cup Steamed Rice 1/2cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	Pork Pancit 1 pc Bread 1/2 cup Mixed Veg 1pc Fresh Fruit Low fat Milk 8oz	Stir Fry Beef w/ Veg 1 cup Steamed Rice 1/2 cup Cabbage 1/2cup Canned Fruit Low fat Milk 8oz	Glazed Ham w/ Pineapple 1 cup Steamed Rice 1/2 cup Cut Corn 1pc Fresh Fruit Low fat Milk 8oz	Chicken in Oyster Sce 1 cup Steamed Rice 1/2 cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz
26	27	28	29	30
Beef Macaroni Pasta 1 pc Bread 1/2 cup Peas & Carrots 1pc Fresh Fruit Low fat Milk 8oz	Chicken Stir Fry 1 cup Steamed Rice 1/2 cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	Pork Menudo 1 cup Steamed Rice 1/2 cup Carrots 1 pc Fresh Fruit Low fat Milk 8oz	Fish w/ Teriyaki Sce 1 cup Steamed Rice 1/2cup Cut Corn 1pc Fresh Fruit Low fat Milk 8oz	Chicken Curry 1 cup Steamed Rice 1/2 cup Green Peas 1pc Fresh Fruit Low fat Milk 8oz

Reviewed & Approved by:



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

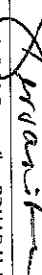
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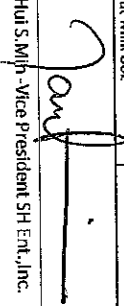


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VEGETARIAN

MON	TUE	WED	THURS	FRI	SAT	SUN
5 Spaghetti w/ Tom Sae/cheese 1 pc Bread 1/2 cup Green Beans 1pc Fresh Fruit Low fat Milk 8oz	6 Tofu Curry 1 cup Steamed Rice 1/2 cup Mixed Vegetables 1/2cup Canned Fruit Low fat Milk 8oz	7 Eggplant w/ Coconut Milk 1cup Steamed Rice 1/2cup Carrots 1pc Fresh Fruits Low fat Milk 8oz	8 Vegete Spingang 1 cup Steamed Rice 1/2 cup Cabbage 1pc Fresh Fruit Low fat Milk 8oz	9 Stirry Vegetables 1 cup Steamed Rice 1/2 cup Mixed Vegetables 1/2 cup Canned Fruit Low fat Milk 8oz	10 Kidney Beans Mennudo 1 cup Steamed Rice 1/2 cup Carrots/Peas 1pc Fresh Fruit Low fat Milk 8oz	11 Veggie Pancht 1pc Bread 1/2 cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz
12 Tofu Steak w/ Onions 1 cup Steamed Rice 1/2cup Mixed vegetable 1pc Fresh Fruit Low fat Milk 8oz	13 Tofu Escabeche 1 cup Steamed Rice 1/2cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	14 Vegetable Chopstuey 1 cup Steamed Rice 1/2cup Peas & Carrots 1pc Fresh Fruit Low fat Milk 8oz	15 Tofu w/Mushroom Sae 1 cup Steamed Rice 1/2cup Cabbage salad 1/2cup Canned Fruit Low fat Milk 8oz	16 Mixed Veg Mennudo 1 cup Steamed Rice 1/2 cup Green Peas 1pc Fresh Fruit Low fat Milk 8oz	17 Veggie Tinnola 1 cup Steamed Rice 1/2 cup Bo. Cabbage 1pc Fresh Fruit Low fat Milk 8oz	18 Tofu Asado 1 cup Steamed Rice 1/2 cup Carrots 1/2cup Canned Fruit Low fat Milk 8oz
19 Eggplant Sarclado (Tomato Sae) 1 cup Steamed Rice 1/2cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	20 Veggie/Tofu Pancht 1 pc Bread 1/2 cup Mixed Veg 1pc Fresh Fruit Low fat Milk 8oz	21 Stir Fry Vegetable 1 cup Steamed Rice 1/2 cup Cabbage 1/2cup Canned Fruit Low fat Milk 8oz	22 Adobo Eggplant/Onions 1 cup Steamed Rice 1/2 cup Cut Corn 1pc Fresh Fruit Low fat Milk 8oz	23 Tofu in Oyster Sae 1 cup Steamed Rice 1/2 cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	24 Vegetable Chopstuey 1 cup Steamed Rice 1/2cup Carrots 1/2cup Canned Fruit Low fat Milk 8oz	25 Squash/Peas Afritada 1 cup Steamed Rice 1/2 cup Mixed Veg 1pc Fresh Fruit Low fat Milk 8oz
26 Veg-Macaroni/Pasta 1 pc Bread 1/2 cup Peas & Carrots 1pc Fresh Fruit Low fat Milk 8oz	27 Tofu Steak w/ Onions 1 cup Steamed Rice 1/2 cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	28 Mixed Beans Mennudo 1 cup Steamed Rice 1/2 cup Carrots 1pc Fresh Fruit Low fat Milk 8oz	29 Tofu w/ Teriyaki Sae 1 cup Steamed Rice 1/2cup Cut Corn 1pc Fresh Fruit Low fat Milk 8oz	30 Tofu/ Gr. Beans Curry 1 cup Steamed Rice 1/2 cup Green Peas 1pc Fresh Fruit Low fat Milk 8oz	31 Adobo Eggplant/Onions 1 cup Steamed Rice 1/2 cup Mixed Veg 1pc Fresh Fruit Low fat Milk 8oz	

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VEGETARIAN

MON	TUE	WED	THURS	FRI
			1	2
			Tofu Estufao 1 cup Steamed Rice 1/2cup Carrots 1pc Fresh Fruits Low fat Milk 8oz	Vegetable Chopsuey 1 cup Steamed Rice 1/2cup Cut Corn 1/2cup Canned Fruit Low fat Milk 8oz
5	6	7	8	9
Spaghetti w/ Tom Sce/cheese 1 pc Bread 1/2 cup Green Beans 1pc Fresh Fruit Low fat Milk 8oz	Tofy Curry 1 cup Steamed Rice 1/2 cup Mixed Vegetables 1/2cup Canned Fruit Low fat Milk 8oz	Eggplant w/ Coconut Milk 1 cup Steamed Rice 1/2cup Carrots 1pc Fresh Fruits Low fat Milk 8oz	Veggie Sinigang 1 cup Steamed Rice 1/2 cup Cabbage 1pc Fresh Fruit Low fat Milk 8oz	Stirfry Vegetables 1 cup Steamed Rice 1/2 cup Mixed Vegetables 1/2 cup Canned Fruit Low fat Milk 8oz
12	13	14	15	16
Tofu Steak w/ Onions 1 cup Steamed Rice 1/2 cup Mixed vegetable 1pc Fresh Fruit Low fat Milk 8oz	Tofu Escabeche 1 cup Steamed Rice 1/2cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	Vegetable Chopsuey 1 cup Steamed Rice 1/2 cup Peas & Carrots 1pc Fresh Fruit Low fat Milk 8oz	Tofu w/Mushroom Sce 1 cup Steamed Rice 1/2cup Cabbage salad 1/2cup Canned Fruit Low fat Milk 8oz	Mixed Veg Menu 1 cup Steamed Rice 1/2 cup Green Peas 1pc Fresh Fruit Low fat Milk 8oz
19	20	21	22	23
Eggplant Sarchado (Tomato Sce) 1 cup Steamed Rice 1/2cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	Veggie/Tofu Pancit 1 pc Bread 1/2 cup Mixed Veg 1pc Fresh Fruit Low fat Milk 8oz	Stir Fry Vegetable 1 cup Steamed Rice 1/2 cup Cabbage 1/2cup Canned Fruit Low fat Milk 8oz	Adbbo Eggplant/Onions 1 cup Steamed Rice 1/2 cup Cut Corn 1pc Fresh Fruit Low fat Milk 8oz	Tofu in Oyster Sce 1 cup Steamed Rice 1/2 cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz
26	27	28	29	30
Veg-Macaroni Pasta 1 pc Bread 1/2 cup Peas & Carrots 1pc Fresh Fruit Low fat Milk 8oz	Tofu Steak w/ Onions 1 cup Steamed Rice 1/2 cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	Mixed Beans Menu 1 cup Steamed Rice 1/2 cup Carrots 1 pc Fresh Fruit Low fat Milk 8oz	Tofu w/ Teriyaki Sce 1 cup Steamed Rice 1/2cup Cut Corn 1pc Fresh Fruit Low fat Milk 8oz	Tofu/Gr. Beans Curry 1 cup Steamed Rice 1/2 cup Green Peas 1pc Fresh Fruit Low fat Milk 8oz

Reviewed & Approved by:

St. Garcia
Maria P. M. Gensanba, RDN LD Lic#884140

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