

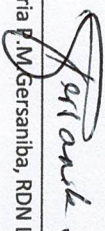
SH Enterprises, Inc.

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 SEPTEMBER 2021

MON	TUE	WED	THURS	FRI	SAT	SUN
		1	2	3	4	5
		Chicken Curry	Pork Estufao	Stirry Grd Beef & Veg	Chicken Tinola	Pork Afritada
		1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
		1/2 cup Mixed Vegetables	1/2cup Green Beans	1/2 cup Carrots	1/2 cup Cabbage	1/2 cup Gr. 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
6- Labor Day	7	8	9	10	11	12
Chicken w/ Mushroom	Pork Sinigang	Fish in White Sce	Beef Macaroni Casserole	Chicken Oyster Sce	Pork Menundo	Chicken Pancit
1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 pc Bread	1 cup Steamed Rice	1 cup Steamed Rice	1 pc Bread
1/2cup Cut Corn	1/2cup Cabbage	1/2cup Green Beans	1/2cup Broccoli	1/2 cup Cauliflower	1/2cup Peas & Carrots	1/2cup Green Beans
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
13	14	15	16	17	18	19
Ground Beef w/ Veggies	Gingered Chicken	Spaghetti w/ Beef Tom Sce	Sweet & Sour Fish	Pork Guisado	Lemon Oregano Chicken	Pork Kadu
1 cup Steamed Rice	1 cup Steamed Rice	1 pc Bread	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
1/2cup Green Peas	1/2cup Green beans	1/2cup Broccoli	1/2cup Carrots	1/2cup Cut Corn	1/2cup Green Beans	1/2 cup Cabbage
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
20	21	22	23	24	25	26
Chicken Steak w/ Onions	Beef Macaroni Casserole	Pork Estufao	Chicken Curry	Grd Beef Menundo	Pork Chopsuey	Chicken Teriyaki
1 cup Steamed Rice	1pc 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 Broccoli	1/2cup Cut Corn	1/2 cup Green Peas	1/2cup Cabbage Salad	1/2 cup Cauliflower	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
27	28	29	30			
Pork w/ Kalbi Sce	Fish in Turmeric	Grd Beef w/ Mushroom Sce	Chicken Afritada			
1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice			
1/2 cup Green Peas	1/2cup Broccoli	1/2cup Peas & Carrots	1/2 cup Cauliflower			
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			

Reviewed & Approved by:


Maria P. Mersaniba, RDN LD Lic#884140

Acknowledged by:


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

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

MON	TUE	WED	THURS	FRI
		1	2	3
		Chicken Curry	Pork Estufo	Stringy Grd Beef & Veg
		1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
		1/2 cup Mixed Veg.	1/2 cup Green Beans	1/2 cup Carrots
		1/2 cup Canned Fruit	1/2 cup Canned Fruit	1/2 cup Canned Fruit
		Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz
		8	9	10
6- Labor Day	7	Fish In White Sce	Beef Macaroni Casserole	Chicken Oyster Sce
Chicken w/ Mushroom	Pork Sinigang	1 cup Steamed Rice	1 pc Bread	1 cup Steamed Rice
1 cup Steamed Rice	1/2 cup Cabbage	1/2 cup Green Beans	1/2 cup Broccoli	1/2 cup Cauliflower
1/2 cup Cut Corn	1/2 cup Fresh Fruit	1 pc Fresh Fruits	1/2 cup Canned 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	14	15	16	17
Ground Beef w/ Veggies	Gingered Chicken	Spaghetti w/ Beef Tom Sce	Sweet & Sour Fish	Pork Guisado
1 cup Steamed Rice	1 cup Steamed Rice	1 pc Bread	1 cup Steamed Rice	1 cup Steamed Rice
1/2 cup Green Peas	1/2 cup Green beans	1/2 cup Broccoli	1/2 cup Carrots	1/2 cup Cut Corn
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
13	21	22	23	24
Chicken Steak w/ Onion	Beef Macaroni Casserole	Pork Estufo	Chicken Curry	Grd Beef Menu
1 cup Steamed Rice	1 pc Bread	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
1/2 cup Carrots	1/2 cup Broccoli	1/2 cup Cut Corn	1/2 cup Green Peas	1/2 cup Cabbage Salad
1/2 cup Canned Fruit	1 pc Fresh 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	Low fat Milk 8oz
27	28	29	30	
Pork w/ Kalbi Sce	Fish in Turmeric	Grd Beef w/Mushrm Sce	Chicken Afritada	
1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	
1/2 cup Green Peas	1/2 cup Broccoli	1/2 cup Peas & Carrots	1/2 cup Cauliflower	
1/2 cup Canned Fruit	1/2 cup Canned 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	

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

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DSC-Elderly Nutrition Program: Lunch-Home Delivered Meals (C-2/ Vegetarian) for SEPTEMBER 2021

MON	TUE	WED	THURS	FRI	SAT	SUN
		1	2	3	4	5
		Squash Curry	Tofu Estufo	Stir fry Vegetables	Veggie Timola	Kidney Beans Artrrada
		1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
		1/2 cup Mixed Veg.	1/2cup Green Beans	1/2 cup Carrots	1/2 cup Cabbage	1/2 cup Gr. 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
6- Labor Day	7	8	9	10	11	12
Tofu w/ Mushroom	Veggie Sinigang	Tofu in Garlic Sce	Macaroni Casserole	Tofu Oyster Sce	Mixed Beans Menuudo	Veggie Pancit
1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 pc Bread	1 cup Steamed Rice	1 cup Steamed Rice	1 pc Bread
1/2cup Cut Corn	1/2cup Cabbage	1/2cup Green Beans	1/2cup Broccoli	1/2 cup Cauliflower	1/2cup Peas & Carrots	1/2cup Green Beans
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
13	14	15	16	17	18	19
Stirfried Vegetables	Sauteed Mongo Beans	Spaghetti w/ Tom Sce	Sweet & Sour Tofu	Gr. Beans Guisado	Lemon Oregano Tofu	Veggie Kadu
1 cup Steamed Rice	1 cup Steamed Rice	1 Pc Bread	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
1/2cup Green Peas	1/2cup Green beans	1/2 cup Broccoli	1/2cup Carrots	1/2cup Cut Corn	1/2cup Green Beans	1/2cup Cabbage
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
20	21	22	23	24	25	26
Eggplant Steak w/ Onions	Macaroni Casserole	Tofu Estufo	Squash Curry	Kidney Beans Menuudo	Vegetable Chopsuey	Tofu Teriyaki
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 Broccoli	1/2cup Cut Corn	1/2 cup Green Peas	1/2cup Cabbage Salad	1/2 cup Cauliflower	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
27	28	29	30			
Sauteed Mongo Beans	Tofu in Garlic Sce	Eggplant w/ Mushroom Sce	Tofu Artrrada			
1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice			
1/2 cup Cabbage	1/2cup Broccoli	1/2cup Peas & Carrots	1/2 cup Cauliflower			
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			

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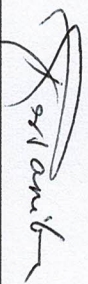
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MON	TUE	WED	THURS	FRI
		1	2	3
		Squash Curry	Tofu Estufo	Stirry Vegetables
		1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
		1/2 cup Mixed Veg.	1/2cup Green Beans	1/2 cup Carrots
		1/2cup Canned Fruit	1/2cup Canned Fruit	1/2cup Canned Fruit
		Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz
6- Labor Day	7	8	9	10
Tofu w/ Mushroom	Veggie Sinigang	Tofu In Garlic Sce	Macaroni Casserole	Tofu Oyster Sce
1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 pc Bread	1 cup Steamed Rice
1/2cup Cut Corn	1/2cup Cabbage	1/2cup Green Beans	1/2cup Broccoli	1/2 cup Cauliflower
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
13	14	15	16	17
Stirfried Vegetables	Sauteed Mongo Beans	Spaghetti w/ Tom Sce	Sweet & Sour Tofu	Gr. Beans Guisado
1 cup Steamed Rice	1 cup Steamed Rice	1 Pc Bread	1 cup Steamed Rice	1 cup Steamed Rice
1/2cup Green Peas	1/2cup Green beans	1/2cup Broccoli	1/2cup Carrots	1/2cup Cut Corn
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
20	21	22	23	24
Eggplant Steak w/ Onions	Macaroni Casserole	Tofu Estufo	Squash Curry	Kidney Beans Menundo
1 cup Steamed Rice	1pc Bread	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
1/2cup Carrots	1/2 cup Broccoli	1/2cup Cut Corn	1/2 cup Green Peas	1/2cup Cabbage Salad
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
27	28	29	30	
Sauteed Mongo Beans	Tofu In Garlic Sce	Eggplant w/Mushrm Sce	Tofu Aritada	
1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	
1/2 cup Cabbage	1/2cup Broccoli	1/2cup Peas & Carrots	1/2 cup Cauliflower	
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	

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