

DSC

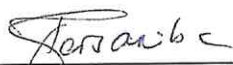
**SH Enterprises, Inc.**

Mailing Address : P.O.Box 9730 Tamuning, Guam 96931  
 Tel: 649-9716 / 649-9727 Fax: 649-0523 Email: shdsc2019@yahoo.com

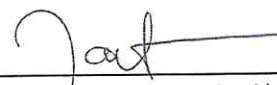
**DSC-Elderly Nutrition Program: Lunch-Home Delivered Meals (C-2) for MAY 2022**

MON	TUE	WED	THURS	FRI	SAT	SUN
<b>Memorial Day - 30</b>	31					1
<b>Holiday</b>	<b>Ground Beef/Veggies</b> 1 cup Steamed Rice 1/2 c Peas & Carrots 1/2cup Fresh Fruit Low fat Milk 8oz					<b>Chicken Tinola</b> 1 cup Steamed Rice 1/2 c Cabbage 1/2cup Canned Fruit Low fat Milk 8oz
2	3	4	5	6	7	8
<b>Spaghetti Bolognese</b> 1 pc Bread 1/2 cup Green Peas 1/2cup Canned Fruit Low fat Milk 8oz	<b>Pork Afritada</b> 1 cup Steamed Rice 1/2cup Carrots 1/2cup Fresh Fruit Low fat Milk 8oz	<b>Chicken Sinigang</b> 1 cup Steamed Rice 1/2 c Cabbage 1pc Fresh Fruits Low fat Milk 8oz	<b>Sweet &amp; Sour Pork</b> 1 cup Steamed Rice 1/2 c Mixed Vegetable 1/2cup Canned Fruit Low fat Milk 8oz	<b>Fish Escabeche</b> 1 cup Steamed Rice 1/2cup Broccoli 1/2 cup Canned Fruit Low fat Milk 8oz	<b>Chicken Estufao</b> 1 cup Steamed Rice 1/2 cup Cut Corn 1pc Fresh Fruit Low fat Milk 8oz	<b>Pork Pancit</b> 1 pc Bread 1/2 c Green Beans 1/2cup Canned Fruit Low fat Milk 8oz
9	10	11	12	12	14	15
<b>Chicken Chalakiles</b> 1 cup Steamed Rice 1/2cup Cauliflower 1pc Fresh Fruit Low fat Milk 8oz	<b>Ground Beef/Oyster Sauce</b> 1 cup Steamed Rice 1/2 cup Green Peas 1/2cup Canned Fruit Low fat Milk 8oz	<b>Glazed Ham/Pineapple</b> 1 cup Steamed Rice 1/2 cup Broccoli 1pc Fresh Fruit Low fat Milk 8oz	<b>Baked Salmon</b> 1 cup Steamed Rice 1/2 cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	<b>StirFry Chicken</b> 1 cup Steamed Rice 1/2cup Carrots 1/2cup Canned Fruit Low fat Milk 8oz	<b>Pork Sinigang</b> 1 cup Steamed Rice 1/2 c Cabbage 1pc Fresh Fruit Low fat Milk 8oz	<b>Chicken Ginger</b> 1 cup Steamed Rice 1/2 cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz
16	17	18	19	20	21	22
<b>Pork Menudo</b> 1 cup Steamed Rice 1/2 c Peas & Carrots 1/2cup Canned Fruit Low fat Milk 8oz	<b>Chicken Tinola</b> 1 cup Steamed Rice 1/2 c Cabbage 1pc Fresh Fruit Low fat Milk 8oz	<b>Beef Macaroni Casserole</b> 1 pc Bread 1/2 cup Green Peas 1/2cup Canned Fruit Low fat Milk 8oz	<b>Chicken Adobo</b> 1 cup Steamed Rice 1/2c Mixed Vegetable 1pc Fresh Fruit Low fat Milk 8oz	<b>Pork Curry</b> 1 cup Steamed Rice 1/2cup Cauliflower 1/2cup Canned Fruit Low fat Milk 8oz	<b>Baked Chicken</b> 1 cup Steamed Rice 1/2 cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	<b>Stirfry PorkTips</b> 1 cup Steamed Rice 1/2 cup Cut Corn 1pc Fresh Fruit Low fat Milk 8oz
23	24	25	26	27	28	29
<b>Sweet &amp; Sour Chicken</b> 1 cup Steamed Rice 1/2cup Carrots 1pc Fresh Fruit Low fat Milk 8oz	<b>Spaghetti Bolognese</b> 1 pc Bread 1/2 cup Green Peas 1/2cup Canned Fruit Low fat Milk 8oz	<b>Chicken Chalakiles</b> 1 cup Steamed Rice 1/2cup Cauliflower 1/2cup Fresh Fruit Low fat Milk 8oz	<b>Baked Ham w/Pineapple</b> 1 cup Steamed Rice 1/2 cup Broccoli 1/2cup Fresh Fruit Low fat Milk 8oz	<b>Fish in White Sauce</b> 1 cup Steamed Rice 1/2 c Peas & Carrots 1/2cup Fresh Fruit Low fat Milk 8oz	<b>Pork Estufao</b> 1 cup Steamed Rice 1/2 cup Green Beans 1/2cup Fresh Fruit Low fat Milk 8oz	<b>Chicken Sinigang</b> 1 cup Steamed Rice 1/2 c Cabbage 1/2cup Fresh Fruit Low fat Milk 8oz

Reviewed & Approved by:

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

Acknowledged by:

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

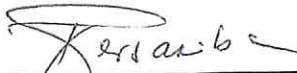
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**DSC-Elderly Nutrition Program: Lunch-Home Delivered Meals (C-2) for MAY 2022- VEGETARIAN**

MON	TUE	WED	THURS	FRI	SAT	SUN
Memorial Day - 30	31					1
<b>Holiday</b>	<b>Sauteed Tofu/Veggies</b> 1 cup Steamed Rice 1/2 c Peas & Carrots 1/2cup Fresh Fruit Low fat Milk 8oz					<b>Veggie Tinola</b> 1 cup Steamed Rice 1/2 c Cabbage 1/2cup Canned Fruit Low fat Milk 8oz
2	3	4	5	6	7	8
<b>Pasta Bolognese</b> 1 pc Bread 1/2 cup Green Peas 1/2cup Canned Fruit Low fat Milk 8oz	<b>Squash Afritada</b> 1 cup Steamed Rice 1/2cup Carrots 1/2cup Fresh Fruit Low fat Milk 8oz	<b>Spinach Lasagna</b> 1 pc Bread 1/2 cup Broccoli 1pc Fresh Fruit Low fat Milk 8oz	<b>Sweet &amp; Sour Tofu</b> 1 cup Steamed Rice 1/2 c Mixed Vegetable 1/2cup Canned Fruit Low fat Milk 8oz	<b>Eggplant Curry</b> 1 cup Steamed Rice 1/2cup Broccoli 1/2 cup Canned Fruit Low fat Milk 8oz	<b>Sauteed Mongo Beans</b> 1 cup Steamed Rice 1/2 c Cabbage 1pc Fresh Fruit Low fat Milk 8oz	<b>Vegetable Pancit</b> 1 pc Bread 1/2 c Green Beans 1/2cup Canned Fruit Low fat Milk 8oz
9	10	11	12	12	14	15
<b>Tofu Chalakiles</b> 1 cup Steamed Rice 1/2cup Cauliflower 1pc Fresh Fruit Low fat Milk 8oz	<b>Eggplant /Oyster Sauce</b> 1 cup Steamed Rice 1/2 cup Green Peas 1/2cup Canned Fruit Low fat Milk 8oz	<b>Green Beans Tinaktak</b> 1 cup Steamed Rice 1/2 c Cabbage 1pc Fresh Fruits Low fat Milk 8oz	<b>Lentil Picadillo</b> 1 cup Steamed Rice 1/2 cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	<b>StirFry Vegetables</b> 1 cup Steamed Rice 1/2cup Carrots 1/2cup Canned Fruit Low fat Milk 8oz	<b>Tofu Estufao</b> 1 cup Steamed Rice 1/2 cup Cut Corn 1pc Fresh Fruit Low fat Milk 8oz	<b>Tofu Escabeche</b> 1 cup Steamed Rice 1/2 cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz
16	17	18	19	20	21	22
<b>Mixed Beans Menudo</b> 1 cup Steamed Rice 1/2 c Peas & Carrots 1/2cup Canned Fruit Low fat Milk 8oz	<b>Sauteed Mixed Veggies</b> 1 cup Steamed Rice 1/2 c Cabbage 1pc Fresh Fruit Low fat Milk 8oz	<b>Cauliflower Casserole</b> 1 pc Bread 1/2 cup Green Peas 1/2cup Canned Fruit Low fat Milk 8oz	<b>Tofu Adobo</b> 1 cup Steamed Rice 1/2c Mixed Vegetable 1pc Fresh Fruit Low fat Milk 8oz	<b>Lentil Curry</b> 1 cup Steamed Rice 1/2cup Cauliflower 1/2cup Canned Fruit Low fat Milk 8oz	<b>Squash Afritada</b> 1 cup Steamed Rice 1/2 cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	<b>Stirfry Vegetables</b> 1 cup Steamed Rice 1/2 cup Cut Corn 1pc Fresh Fruit Low fat Milk 8oz
23	24	25	26	27	28	29
<b>Sweet &amp; Sour Tofu</b> 1 cup Steamed Rice 1/2cup Carrots 1pc Fresh Fruit Low fat Milk 8oz	<b>Vegetable Lasagna</b> 1 pc Bread 1/2 cup Green Peas 1/2cup Canned Fruit Low fat Milk 8oz	<b>Tofu Chalakiles</b> 1 cup Steamed Rice 1/2cup Cauliflower 1/2cup Fresh Fruit Low fat Milk 8oz	<b>Green Beans Tinaktak</b> 1 cup Steamed Rice 1/2 cup Broccoli 1/2cup Fresh Fruit Low fat Milk 8oz	<b>Sauteed Mongo Beans</b> 1 cup Steamed Rice 1/2 c Peas & Carrots 1/2cup Fresh Fruit Low fat Milk 8oz	<b>Tofu Estufao</b> 1 cup Steamed Rice 1/2 cup Green Beans 1/2cup Fresh Fruit Low fat Milk 8oz	<b>Vegetable Sinigang</b> 1 cup Steamed Rice 1/2 c Cabbage 1/2cup Fresh Fruit Low fat Milk 8oz

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

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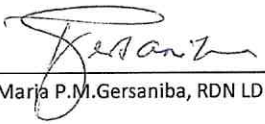
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**DSC-Elderly Nutrition Program: Lunch CONGREGATE Meals (C-1) for MAY 2022**

MON	TUE	WED	THURS	FRI
2	3	4	5	6
<b>Spaghetti Bolognese</b> 1 pc Bread 1/2 cup Green Peas 1/2cup Canned Fruit Low fat Milk 8oz	<b>Pork Afritada</b> 1 cup Steamed Rice 1/2cup Carrots 1/2cup Fresh Fruit Low fat Milk 8oz	<b>Chicken Sinigang</b> 1 cup Steamed Rice 1/2 c Cabbage 1pc Fresh Fruits Low fat Milk 8oz	<b>Sweet &amp; Sour Pork</b> 1 cup Steamed Rice 1/2 c Mixed Vegetable 1/2cup Canned Fruit Low fat Milk 8oz	<b>Fish Escabeche</b> 1 cup Steamed Rice 1/2cup Broccoli 1/2 cup Canned Fruit Low fat Milk 8oz
9	10	11	12	12
<b>Chicken Chalakiles</b> 1 cup Steamed Rice 1/2cup Cauliflower 1pc Fresh Fruit Low fat Milk 8oz	<b>Ground Beef/Oyster Sauce</b> 1 cup Steamed Rice 1/2 cup Green Peas 1/2cup Canned Fruit Low fat Milk 8oz	<b>Glazed Ham/Pineapple</b> 1 cup Steamed Rice 1/2 cup Broccoli 1pc Fresh Fruit Low fat Milk 8oz	<b>Baked Salmon</b> 1 cup Steamed Rice 1/2 cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	<b>StirFry Chicken</b> 1 cup Steamed Rice 1/2cup Carrots 1/2cup Canned Fruit Low fat Milk 8oz
16	17	18	19	20
<b>Pork Menudo</b> 1 cup Steamed Rice 1/2 c Peas & Carrots 1/2cup Canned Fruit Low fat Milk 8oz	<b>Chicken Tinola</b> 1 cup Steamed Rice 1/2 c Cabbage 1pc Fresh Fruit Low fat Milk 8oz	<b>Beef Macaroni Casserole</b> 1 pc Bread 1/2 cup Green Peas 1/2cup Canned Fruit Low fat Milk 8oz	<b>Chicken Adobo</b> 1 cup Steamed Rice 1/2c Mixed Vegetable 1pc Fresh Fruit Low fat Milk 8oz	<b>Pork Curry</b> 1 cup Steamed Rice 1/2cup Cauliflower 1/2cup Canned Fruit Low fat Milk 8oz
23	24	25	26	27
<b>Sweet &amp; Sour Chicken</b> 1 cup Steamed Rice 1/2cup Carrots 1pc Fresh Fruit Low fat Milk 8oz	<b>Spaghetti Bolognese</b> 1 pc Bread 1/2 cup Green Peas 1/2cup Canned Fruit Low fat Milk 8oz	<b>Chicken Chalakiles</b> 1 cup Steamed Rice 1/2cup Cauliflower 1/2cup Fresh Fruit Low fat Milk 8oz	<b>Baked Ham w/Pineapple</b> 1 cup Steamed Rice 1/2 cup Broccoli 1/2cup Fresh Fruit Low fat Milk 8oz	<b>Fish in White Sauce</b> 1 cup Steamed Rice 1/2 c Peas & Carrots 1/2cup Fresh Fruit Low fat Milk 8oz
<b>30- Memorial Day</b>	31			
<b>Holiday</b>	<b>Ground Beef/Veggies</b> 1 cup Steamed Rice 1/2 c Peas & Carrots 1/2cup Fresh Fruit Low fat Milk 8oz			

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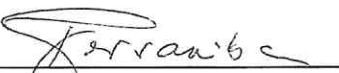
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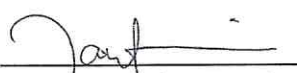
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**DSC-Elderly Nutrition Program: Lunch-CONGREGATE Meals (C-1) for May 2022 - Vegetarian**

MON	TUE	WED	THURS	FRI
2	3	4	5	6
<b>Pasta Bolognese</b> 1 pc Bread 1/2 cup Green Peas 1/2cup Canned Fruit Low fat Milk 8oz	<b>Squash Afritada</b> 1 cup Steamed Rice 1/2cup Carrots 1/2cup Fresh Fruit Low fat Milk 8oz	<b>Spinach Lasagna</b> 1 pc Bread 1/2 cup Broccoli 1pc Fresh Fruit Low fat Milk 8oz	<b>Sweet &amp; Sour Tofu</b> 1 cup Steamed Rice 1/2 c Mixed Vegetable 1/2cup Canned Fruit Low fat Milk 8oz	<b>Eggplant Curry</b> 1 cup Steamed Rice 1/2cup Broccoli 1/2 cup Canned Fruit Low fat Milk 8oz
9	10	11	12	12
<b>Tofu Chalakiles</b> 1 cup Steamed Rice 1/2cup Cauliflower 1pc Fresh Fruit Low fat Milk 8oz	<b>Eggplant /Oyster Sauce</b> 1 cup Steamed Rice 1/2 cup Green Peas 1/2cup Canned Fruit Low fat Milk 8oz	<b>Green Beans Tinaktak</b> 1 cup Steamed Rice 1/2 c Cabbage 1pc Fresh Fruits Low fat Milk 8oz	<b>Lentil Picadillo</b> 1 cup Steamed Rice 1/2 cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	<b>StirFry Vegetables</b> 1 cup Steamed Rice 1/2cup Carrots 1/2cup Canned Fruit Low fat Milk 8oz
16	17	18	19	20
<b>Mixed Beans Menudo</b> 1 cup Steamed Rice 1/2 c Peas & Carrots 1/2cup Canned Fruit Low fat Milk 8oz	<b>Sauteed Mixed Veggies</b> 1 cup Steamed Rice 1/2 c Cabbage 1pc Fresh Fruit Low fat Milk 8oz	<b>Cauliflower Casserole</b> 1 pc Bread 1/2 cup Green Peas 1/2cup Canned Fruit Low fat Milk 8oz	<b>Tofu Adobo</b> 1 cup Steamed Rice 1/2c Mixed Vegetable 1pc Fresh Fruit Low fat Milk 8oz	<b>Lentil Curry</b> 1 cup Steamed Rice 1/2cup Cauliflower 1/2cup Canned Fruit Low fat Milk 8oz
23	24	25	26	27
<b>Sweet &amp; Sour Tofu</b> 1 cup Steamed Rice 1/2cup Carrots 1pc Fresh Fruit Low fat Milk 8oz	<b>Vegetable Lasagna</b> 1 pc Bread 1/2 cup Green Peas 1/2cup Canned Fruit Low fat Milk 8oz	<b>Tofu Chalakiles</b> 1 cup Steamed Rice 1/2cup Cauliflower 1/2cup Fresh Fruit Low fat Milk 8oz	<b>Green Beans Tinaktak</b> 1 cup Steamed Rice 1/2 cup Broccoli 1/2cup Fresh Fruit Low fat Milk 8oz	<b>Sauteed Mongo Beans</b> 1 cup Steamed Rice 1/2 c Peas & Carrots 1/2cup Fresh Fruit Low fat Milk 8oz
<b>30- Memorial Day</b>	31			
<b>Holiday</b>	<b>Sauteed Tofu/Veggies</b> 1 cup Steamed Rice 1/2 c Peas & Carrots 1/2cup Fresh Fruit Low fat Milk 8oz			

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