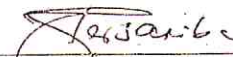


SH Enterprises, Inc.

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

MON	TUE	WED	THURS	FRI	SAT	SUN
		1	2	3	4	5
		Chicken Curry 1 cup Steamed Rice 1/2 c Green Beans 1 serving Fruit Low fat Milk 8oz	Baked Salmon 1 cup Steamed Rice 1/2 c Cauliflower 1 serving Fruit Low fat Milk 8oz	Pork Estufao 1 cup Steamed Rice 1/2 c Mixed Vegetables 1 serving Fruit Low fat Milk 8oz	Chicken Kadu 1 cup Steamed Rice 1/2 c Cabbage 1 serving Fruit Low fat Milk 8oz	Pork Pancit 1 pc Bread 1/2 c Carrots 1 serving Fruit Low fat Milk 8oz
6	7	8	9	10	11	12
Chicken Chopsuey 1 cup Steamed Rice 1/2 c Cauliflower 1 serving Fruit Low fat Milk 8oz	Pork Caldereta 1 cup Steamed Rice 1/2 cup Carrots 1 serving Fruit Low fat Milk 8oz	Ground Beef Tinaktak 1 cup Steamed Rice 1/2 c Green Beans 1 serving Fruit Low fat Milk 8oz	Pork/Kalbi Sauce 1 cup Steamed Rice 1/2 c Cut Corn 1 serving Fruit Low fat Milk 8oz	Fish Sarciado(Diced Tomato) 1 cup Steamed Rice 1/2 cup Broccoli 1 serving Fruit Low fat Milk 8oz	Pork Teriyaki 1 cup Steamed Rice 1/2 cup Green Peas 1 serving Fruit Low fat Milk 8oz	Chicken Ginger Tinola 1 cup Steamed Rice 1/2 c Cabbage 1 serving Fruit Low fat Milk 8oz
13	14	15	16	17	18	19
Spaghetti Bolognese 1 pc Bread 1/2 cup Green Peas 1 serving Fruit Low fat Milk 8oz	Chicken Shoyu 1 cup Steamed Rice 1/2 cup Mixed Vegetable 1 serving Fruit Low fat Milk 8oz	Baked Salmon 1 cup Steamed Rice 1/2 cup Green Beans 1 serving Fruit Low fat Milk 8oz	Chicken Afritada 1 cup Steamed Rice 1/2 cup Carrots 1 serving Fruit Low fat Milk 8oz	Sweet & Sour Pork 1 cup Steamed Rice 1/2 cup Cut Corn 1 serving Fruit Low fat Milk 8oz	Chicken Menudo 1 cup Steamed Rice 1/2 cup Green Peas 1 serving Fruit Low fat Milk 8oz	Pork Sinigang 1 cup Steamed Rice 1/2 c Cabbage 1 serving Fruit Low fat Milk 8oz
20	21	22	23	24	25	26
Fish Escabeche 1 cup Steamed Rice 1/2 cup Green Beans 1 serving Fruit Low fat Milk 8oz	Pork Steak w/ Onions 1 cup Steamed Rice 1/2 c Carrots 1 serving Fruit Low fat Milk 8oz	Chicken Chalakiles 1 cup Steamed Rice 1/2 cup Green Peas 1 serving Fruit Low fat Milk 8oz	Baked Ham 1 cup Steamed Rice 1/2 cup Broccoli 1 serving Fruit Low fat Milk 8oz	Chicken Kadu 1 cup Steamed Rice 1/2 cup Cabbage 1 serving Fruit Low fat Milk 8oz	Pork Estufao 1 cup Steamed Rice 1/2 cup Cut Corn 1 serving Fruit Low fat Milk 8oz	Chicken Pancit 1 pc Bread 1/2 cup Green Beans 1 serving Fruit Low fat Milk 8oz
27	28	29	30			
Pork & Mushroom Sc 1 cup Steamed Rice 1/2 cup Peas & Carrots 1 serving Fruit Low fat Milk 8oz	Baked Beef/Veggie Lasagna 1 pc Bread 1/2 cup Mixed Vegetables 1 serving Fruit Low fat Milk 8oz	Sweet & Sour Chicken 1 cup Steamed Rice 1/2 cup Cauliflower 1 serving Fruit Low fat Milk 8oz	Fish Sarciado(Diced Tomato) 1 cup Steamed Rice 1/2 cup Broccoli 1 serving Fruit 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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DSC-Elderly Nutrition Program: Lunch CONGREGATE Meals (C-1) for JUNE 2022

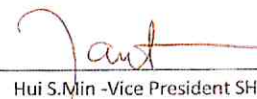
MON	TUE	WED	THURS	FRI
		1	2	3
		Chicken Curry 1 cup Steamed Rice 1/2 c Green Beans 1 serving Fruit Low fat Milk 8oz	Baked Salmon 1 cup Steamed Rice 1/2 c Cauliflower 1 serving Fruit Low fat Milk 8oz	Pork Estufao 1 cup Steamed Rice 1/2 c Mixed Vegetables 1 serving Fruit Low fat Milk 8oz
6	7	8	9	10
Chicken Chopsuey 1 cup Steamed Rice 1/2 c Cauliflower 1 serving Fruit Low fat Milk 8oz	Pork Caldereta 1 cup Steamed Rice 1/2cup Carrots 1 serving Fruit Low fat Milk 8oz	Ground Beef Tinaktak 1 cup Steamed Rice 1/2 c Green Beans 1 serving Fruit Low fat Milk 8oz	Pork/Kalbi Sauce 1 cup Steamed Rice 1/2 c Cut Corn 1 serving Fruit Low fat Milk 8oz	Fish Sarciado(Diced Tomato) 1 cup Steamed Rice 1/2cup Broccoli 1 serving Fruit Low fat Milk 8oz
13	14	15	16	17
Spaghetti Bolognese 1 pc Bread 1/2cup Green Peas 1 serving Fruit Low fat Milk 8oz	Chicken Shoyu 1 cup Steamed Rice 1/2 cup Mixed Vegetable 1 serving Fruit Low fat Milk 8oz	Baked Salmon 1 cup Steamed Rice 1/2 cup Green Beans 1 serving Fruit Low fat Milk 8oz	Chicken Afritada 1 cup Steamed Rice 1/2 cup Carrots 1 serving Fruit Low fat Milk 8oz	Sweet & Sour Pork 1 cup Steamed Rice 1/2cup Cut Corn 1 serving Fruit Low fat Milk 8oz
20	21	22	23	24
Fish Escabeche 1 cup Steamed Rice 1/2 cup Green Beans 1 serving Fruit Low fat Milk 8oz	Pork Steak w/ Onions 1 cup Steamed Rice 1/2 c Carrots 1 serving Fruit Low fat Milk 8oz	Chicken Chalakiles 1 cup Steamed Rice 1/2 cup Green Peas 1 serving Fruit Low fat Milk 8oz	Baked Ham 1 cup Steamed Rice 1/2cup Broccoli 1 serving Fruit Low fat Milk 8oz	Chicken Kadu 1 cup Steamed Rice 1/2cup Cabbage 1 serving Fruit Low fat Milk 8oz
27	28	29	30	
Pork w/Mushroom Sce 1 cup Steamed Rice 1/2cup Peas & Carrots 1 serving Fruit Low fat Milk 8oz	Baked Beef/Veggie Lasagna 1 pc Bread 1/2 cup Mixed Vegetables 1 serving Fruit Low fat Milk 8oz	Sweet & Sour Chicken 1 cup Steamed Rice 1/2cup Cauliflower 1 serving Fruit Low fat Milk 8oz	Fish Sarciado(Diced Tomato) 1 cup Steamed Rice 1/2 cup Broccoli 1 serving Fruit Low fat Milk 8oz	

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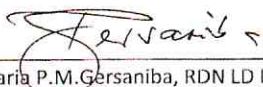
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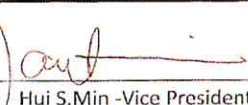
DSC-Elderly Nutrition Program: Lunch-Home Delivered Meals (C-2) for JUNE 2022- VEGETARIAN

MON	TUE	WED	THURS	FRI	SAT	SUN
		1	2	3	4	5
		Tofu Curry 1 cup Steamed Rice 1/2 c Green Beans 1 serving Fruit Low fat Milk 8oz	Stirfry Vegetables 1 cup Steamed Rice 1/2 c Cauliflower 1 serving Fruit Low fat Milk 8oz	Eggplant Estufao 1 cup Steamed Rice 1/2 c Mixed Vegetables 1 serving Fruit Low fat Milk 8oz	Sauteed Mongo Beans 1 cup Steamed Rice 1/2 c Cabbage 1 serving Fruit Low fat Milk 8oz	Vegetable Pancit 1 pc Bread 1/2 c Carrots 1 serving Fruit Low fat Milk 8oz
6	7	8	9	10	11	12
Vegetable Chopsuey 1 cup Steamed Rice 1/2 c Cauliflower 1 serving Fruit Low fat Milk 8oz	Beans Caldereta 1 cup Steamed Rice 1/2cup Carrots 1 serving Fruit Low fat Milk 8oz	Green Beans Tinaktak 1 cup Steamed Rice 1/2 c Cut Corn 1 serving Fruit Low fat Milk 8oz	Tofu/Kalbi Sauce 1 cup Steamed Rice 1/2 c Cut Corn 1 serving Fruit Low fat Milk 8oz	Potato Sarciado(Diced Tomato) 1 cup Steamed Rice 1/2cup Broccoli 1 serving Fruit Low fat Milk 8oz	Tofu Teriyaki 1 cup Steamed Rice 1/2 cup Green Peas 1 serving Fruit Low fat Milk 8oz	Papaya Ginger Tinola 1 cup Steamed Rice 1/2 c Cabbage 1 serving Fruit Low fat Milk 8oz
13	14	15	16	17	18	19
Spaghetti/Tomato Sauce 1 pc Bread 1/2cup Green Peas 1 serving Fruit Low fat Milk 8oz	Eggplant Shoyu 1 cup Steamed Rice 1/2 cup Mixed Vegetable 1 serving Fruit Low fat Milk 8oz	Stirfry Vegetables 1 cup Steamed Rice 1/2 cup Green Beans 1 serving Fruit Low fat Milk 8oz	Squash Afritada 1 cup Steamed Rice 1/2 cup Carrots 1 serving Fruit Low fat Milk 8oz	Sweet & Sour Tofu 1 cup Steamed Rice 1/2cup Cut Corn 1 serving Fruit Low fat Milk 8oz	Kidney Beans Menudo 1 cup Steamed Rice 1/2cup Green Peas 1 serving Fruit Low fat Milk 8oz	Veggie Sinigang 1 cup Steamed Rice 1/2 c Cabbage 1 serving Fruit Low fat Milk 8oz
20	21	22	23	24	25	26
Tofu Escabeche 1 cup Steamed Rice 1/2 cup Green Beans 1 serving Fruit Low fat Milk 8oz	Potato Onion Tofu Steak 1 cup Steamed Rice 1/2 c Carrots 1 serving Fruit Low fat Milk 8oz	Squash Chalakiles 1 cup Steamed Rice 1/2 cup Green Peas 1 serving Fruit Low fat Milk 8oz	Lentil Curry 1 cup Steamed Rice 1/2cup Broccoli 1 serving Fruit Low fat Milk 8oz	Sauteed Mongo Beans 1 cup Steamed Rice 1/2cup Cabbage 1 serving Fruit Low fat Milk 8oz	Tofu Estufao 1 cup Steamed Rice 1/2cup Cut Corn 1 serving Fruit Low fat Milk 8oz	Vegetable Pancit 1 pc Bread 1/2 cup Green Beans 1 serving Fruit Low fat Milk 8oz
27	28	29	30			
Tofu w/Mushroom Sce 1 cup Steamed Rice 1/2cup Peas & Carrots 1 serving Fruit Low fat Milk 8oz	Baked Veggie Lasagna 1 pc Bread 1/2 cup Mixed Vegetables 1 serving Fruit Low fat Milk 8oz	Sweet & Sour Tofu 1 cup Steamed Rice 1/2cup Cauliflower 1 serving Fruit Low fat Milk 8oz	Potato Sarciado(Diced Tomato) 1 cup Steamed Rice 1/2 cup Broccoli 1 serving Fruit Low fat Milk 8oz			

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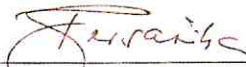
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DSC-Elderly Nutrition Program: Lunch-CONGREGATE Meals (C-1) for JUNE 2022 - Vegetarian

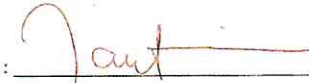
MON	TUE	WED	THURS	FRI
		1	2	3
		Tofu Curry 1 cup Steamed Rice 1/2 c Green Beans 1 serving Fruit Low fat Milk 8oz	Stirfry Vegetables 1 cup Steamed Rice 1/2 c Cauliflower 1 serving Fruit Low fat Milk 8oz	Eggplant Estufao 1 cup Steamed Rice 1/2 c Mixed Vegetables 1 serving Fruit Low fat Milk 8oz
6	7	8	9	10
Vegetable Chopsuey 1 cup Steamed Rice 1/2 c Cauliflower 1 serving Fruit Low fat Milk 8oz	Beans Caldereta 1 cup Steamed Rice 1/2cup Carrots 1 serving Fruit Low fat Milk 8oz	Green Beans Tinaktak 1 cup Steamed Rice 1/2 c Cut Corn 1 serving Fruit Low fat Milk 8oz	Tofu/Kalbi Sauce 1 cup Steamed Rice 1/2 c Cut Corn 1 serving Fruit Low fat Milk 8oz	Potato Sarciado(Diced Tomato) 1 cup Steamed Rice 1/2cup Broccoli 1 serving Fruit Low fat Milk 8oz
13	14	15	16	17
Spaghetti/Tomato Sauce 1 pc Bread 1/2cup Green Peas 1 serving Fruit Low fat Milk 8oz	Eggplant Shoyu 1 cup Steamed Rice 1/2 cup Mixed Vegetable 1 serving Fruit Low fat Milk 8oz	Stirfry Vegetables 1 cup Steamed Rice 1/2 cup Green Beans 1 serving Fruit Low fat Milk 8oz	Squash Aritada 1 cup Steamed Rice 1/2 cup Carrots 1 serving Fruit Low fat Milk 8oz	Sweet & Sour Tofu 1 cup Steamed Rice 1/2cup Cut Corn 1 serving Fruit Low fat Milk 8oz
20	21	22	23	24
Tofu Escabeche 1 cup Steamed Rice 1/2 cup Green Beans 1 serving Fruit Low fat Milk 8oz	Potato Onion Tofu Steak 1 cup Steamed Rice 1/2 c Carrots 1 serving Fruit Low fat Milk 8oz	Squash Chalakiles 1 cup Steamed Rice 1/2 cup Green Peas 1 serving Fruit Low fat Milk 8oz	Lentil Curry 1 cup Steamed Rice 1/2cup Broccoli 1 serving Fruit Low fat Milk 8oz	Sauteed Mongo Beans 1 cup Steamed Rice 1/2cup Cabbage 1 serving Fruit Low fat Milk 8oz
27	28	29	30	
Tofu w/Mushroom Sce 1 cup Steamed Rice 1/2cup Peas & Carrots 1 serving Fruit Low fat Milk 8oz	Baked Veggie Lasagna 1 pc Bread 1/2 cup Mixed Vegetables 1 serving Fruit Low fat Milk 8oz	Sweet & Sour Tofu 1 cup Steamed Rice 1/2cup Cauliflower 1 serving Fruit Low fat Milk 8oz	Potato Sarciado(Diced Tomato) 1 cup Steamed Rice 1/2 cup Broccoli 1 serving Fruit Low fat Milk 8oz	

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