

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 JANUARY 2023

MON	TUE	WED	THURS	FRI	SAT	SUN
30	31					1
Ground Beef Caldereta 1 cup Steamed Rice 1/2 cup Carrots & Peas 1pc or 1/2 cup Fruit Low fat Milk 8oz	Lemon Oregono Chicken 1 cup Steamed Rice 1/2 cup Corn 1pc or 1/2 cup Fruit Low fat Milk 8oz					HAPPY NEW YEAR
2	3	4	5	6	7	8
Pork Steak w/Onions 1 cup Steamed Rice 1/2 cup Cauliflower 1pc or 1/2 cup Fruit Low fat Milk 8oz	Chicken Pancit 1 pc Bread 1/2 cup Carrots 1pc or 1/2 cup Fruit Low fat Milk 8oz	Ground Beef Tinaktak 1 cup Steamed Rice 1/2cup Green Beans 1pc or 1/2 cup Fruit Low fat Milk 8 oz	Glazed Ham/Pineapple 1 cup Red Rice 1/2cup Cut Corn 1pc or 1/2 cup Fruit Low fat Milk 8oz	Baked Salmon/Sauce 1 cup Steamed Rice 1/2 cup Broccoli 1pc or 1/2 cup Fruit Low fat Milk 8oz	Pork Menudo 1 cup Steamed Rice 1/2 cup Green Peas 1pc or 1/2 cup Fruit Low fat Milk 8oz	Ginger Chicken 1 cup Steamed Rice 1/2cup Green Beans 1pc or 1/2 cup Fruit Low fat Milk 8oz
9	10	11	12	13	14	15
Spaghetti Bolognese 1 slice Bread 1/2 cup Carrots & Peas 1pc or 1/2 cup Fruit Low fat Milk 8oz	Pork Steak /Mushroom 1 cup Steamed Rice 1/2 cup Mixed Veg 1pc or 1/2 cup Fruit Low fat Milk 8oz	Chicken Kadu 1 cup Steamed Rice 1/2 cup Cabbage 1pc or 1/2 cup Fruit Low fat Milk 8oz	Fish w/ Turmeric See. 1 cup Steamed Rice 1/2 cup Broccoli 1pc or 1/2 cup Fruit Low fat Milk 8oz	Pork Kalbi 1 cup Steamed Rice 1/2cup Carrots/Peas 1pc or 1/2 cup Fruit Low fat Milk 8oz	Chicken Stirfry 1 cup Steamed Rice 1/2cup Green beans 1pc or 1/2 cup Fruit Low fat Milk 8oz	Pork Singang 1 cup Steamed Rice 1/2 cup Cabbage 1pc or 1/2 cup Fruit Low fat Milk 8oz
16	17	18	19	20	21	22
Lemon Herb Fish 1 cup Steamed Rice 1/2 cup Mixed Veg 1pc or 1/2 cup Fruit Low fat Milk 8oz	Chicken Teriyaki 1 cup Steamed Rice 1/2 cup Broccoli 1pc or 1/2 cup Fruit Low fat Milk 8oz	Pork Arifitada 1 cup Steamed Rice 1/2 cup Cabbage 1pc or 1/2 cup Fruit Low fat Milk 8oz	Chicken w/Mushroom 1 cup Steamed Rice 1/2 cup Mixed Veg 1pc or 1/2 cup Fruit Low fat Milk 8oz	Gr. Beef Meatloaf w/Gravy 1 cup Mashed Potato 1/2cup Carrots & Peas 1pc or 1/2 cup Fruit Low fat Milk 8oz	Pork Asado 1 cup Steamed Rice 1/2cup Cut Corn 1pc or 1/2 cup Fruit Low fat Milk 8oz	Chicken Menudo 1 cup Steamed Rice 1/2 cup Carrots 1pc or 1/2 cup Fruit Low fat Milk 8oz
23	24	25	26	27	28	29
Pork Teriyaki 1 cup Steamed Rice 1/2 cup Green Beans 1pc or 1/2 cup Fruit Low fat Milk 8oz	Sweet & Sour Fish 1 cup Steamed Rice 1/2 cup Cauliflower 1pc or 1/2 cup Fruit Low fat Milk 8oz	Spaghetti Bolognese 1 pc Bread 1/2 cup Carrots & Peas 1pc or 1/2 cup Fruit Low fat Milk 8oz	Sesame Garlic Chicken 1 cup Steamed Rice 1/2 cup Cabbage 1pc or 1/2 cup Fruit Low fat Milk 8oz	Pork Estufo 1 cup Steamed Rice 1/2 cup Broccoli 1pc or 1/2 cup Fruit Low fat Milk 8oz	Chicken Cacciatore 1 cup Steamed Rice 1/2 cup Carrots 1pc or 1/2 cup Fruit Low fat Milk 8oz	Pork Pancit 1 pc Bread 1/2 cup Mixed Veg 1pc or 1/2 cup Fruit Low fat Milk 8oz

Reviewed & Approved by:

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

Acknowledged by:


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


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)-Vegetarian for JANUARY 2023

MON	TUE	WED	THURS	FRI	SAT	SUN
30 Mixed Beans Caldereta 1 cup Steamed Rice 1/2 cup Carrots & Peas 1pc or 1/2 cup Fruit Low fat Milk 8oz	31 Sesame Garlic Tofu 1 cup Steamed Rice 1/2 cup Cabbage 1pc or 1/2 cup Fruit Low fat Milk 8oz					1 HAPPY NEW YEAR
2 Eggplant Kalbi 1 cup Steamed Rice 1/2 cup Cauliflower 1pc or 1/2 cup Fruit Low fat Milk 8oz	3 Vegetarian Pancit 1 pc Bread 1/2 cup Carrots 1pc or 1/2 cup Fruit Low fat Milk 8oz	4 Green Beans/Tinaktak 1 cup Steamed Rice 1/2cup Green Peas 1pc or 1/2 cup Fruit Low Fat Milk 8 oz	5 Squash/garbanzo Curry 1 cup Steamed Rice 1/2cup Cut Corn 1pc or 1/2 cup Fruit Low fat Milk 8oz	6 Baked Tofu/Sauce 1 cup Steamed Rice 1/2 cup Broccoli 1pc or 1/2 cup Fruit Low fat Milk 8oz	7 Kidney Beans Menudo 1 cup Steamed Rice 1/2 cup Green Peas 1pc or 1/2 cup Fruit Low fat Milk 8oz	8 Sautéed Mongo Beans 1 cup Steamed Rice 1/2cup Green Beans 1pc or 1/2 cup Fruit Low fat Milk 8oz
9 Spaghetti /Tomato Sauce 1 slice Bread 1/2 cup Carrots & Peas 1pc or 1/2 cup Fruit Low fat Milk 8oz	10 Tofu Steak /Mushroom 1 cup Steamed Rice 1/2 cup Mixed Veg 1pc or 1/2 cup Fruit Low fat Milk 8oz	11 Veggie Kadu 1 cup Steamed Rice 1/2 cup Cabbage 1pc or 1/2 cup Fruit Low fat Milk 8oz	12 Tofu w/ Turmeric 1 cup Steamed Rice 1/2 cup Broccoli 1pc or 1/2 cup Fruit Low fat Milk 8oz	13 Eggplant Steak/Onions 1 cup Steamed Rice 1/2cup Carrots/Peas 1pc or 1/2 cup Fruit Low fat Milk 8oz	14 Stirfried Vegetables 1 cup Steamed Rice 1/2cup Green beans 1pc or 1/2 cup Fruit Low fat Milk 8oz	15 Veggies/Ingang 1 cup Steamed Rice 1/2 cup Cabbage 1pc or 1/2 cup Fruit Low fat Milk 8oz
16 Lemon Herb Tofu 1 cup Steamed Rice 1/2 cup Mixed Veg 1pc or 1/2 cup Fruit Low fat Milk 8oz	17 Mixed Beans Terryaki 1 cup Steamed Rice 1/2 cup Broccoli 1pc or 1/2 cup Fruit Low fat Milk 8oz	18 Squash /Peas Aritada 1 cup Steamed Rice 1/2 cup Cabbage 1pc or 1/2 cup Fruit Low fat Milk 8oz	19 Tofu w/ Mushroom 1 cup Steamed Rice 1/2 cup Mixed Veg 1pc or 1/2 cup Fruit Low fat Milk 8oz	20 Gr. Beans/Asparagus Sauter 1 cup Mashed Potato 1/2cup Carrots & Peas 1pc or 1/2 cup Fruit Low fat Milk 8oz	21 Tofu Asado 1 cup Steamed Rice 1/2cup Cut Corn 1pc or 1/2 cup Fruit Low fat Milk 8oz	22 Mixed Beans Menudo 1 cup Steamed Rice 1/2 cup Carrots 1pc or 1/2 cup Fruit Low fat Milk 8oz
23 Tofu Terryaki 1 cup Steamed Rice 1/2 cup Green Beans 1pc or 1/2 cup Fruit Low fat Milk 8oz	24 Mongo Beans Guisado 1 cup Steamed Rice 1/2 cup Cauliflower 1pc or 1/2 cup Fruit Low fat Milk 8oz	25 Vegetable Lasagna 1 pc Bread 1/2 cup Carrots & Peas 1pc or 1/2 cup Fruit Low fat Milk 8oz	26 Sesame Garlic Tofu 1 cup Steamed Rice 1/2 cup Cabbage 1pc or 1/2 cup Fruit Low fat Milk 8oz	27 Eggplant Estufo 1 cup Steamed Rice 1/2 cup Broccoli 1pc or 1/2 cup Fruit Low fat Milk 8oz	28 Squash Cacciatore 1 cup Steamed Rice 1/2 cup Carrots 1pc or 1/2 cup Fruit Low fat Milk 8oz	29 Vegetarian Pancit 1 pc Bread 1/2 cup Mixed Veg 1pc or 1/2 cup 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.

SH Enterprises, Inc.

Mailing Address : P.O.Box 9730 Tamuning, Guam 96931

Tel: 649-9716 / 649-9727 Fax: 649-0523 Email: shdsc2019@yahoo.com

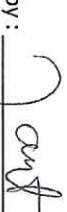
DSC-Elderly Nutrition Program: Lunch CONGREGATE Meals (C-1) for JANUARY 2023

MON	TUE	WED	THURS	FRI
2 CLOSED NEW YEAR OBSERVED	3 Chicken Pancit 1 pc Bread 1/2 cup Carrots 1pc or 1/2 cup Fruit Low fat Milk 8oz	4 Ground Beef Tinaktak 1 cup Steamed Rice 1/2cup Green Beans 1pc or 1/2 cup Fruit Low Fat Milk 8 oz	5 Glazed Ham/Pineapple 1 cup Red Rice 1/2cup Cut Corn 1pc or 1/2 cup Fruit Low fat Milk 8oz	6 Baked Salmon/Sauce 1 cup Steamed Rice 1/2 cup Broccoli 1pc or 1/2 cup Fruit Low fat Milk 8oz
9 Spaghetti Bolognese 1 slice Bread 1/2 cup Carrots & Peas 1pc or 1/2 cup Fruit Low fat Milk 8oz	10 Pork Steak /Mushroom 1 cup Steamed Rice 1/2 cup Mixed Veg 1pc or 1/2 cup Fruit Low fat Milk 8oz	11 Chicken Kadu 1 cup Steamed Rice 1/2 cup Cabbage 1pc or 1/2 cup Fruit Low fat Milk 8oz	12 Fish w/ Turmeric Sauce 1 cup Steamed Rice 1/2 cup Broccoli 1pc or 1/2 cup Fruit Low fat Milk 8oz	13 Pork Steak/Kalbi 1 cup Steamed Rice 1/2cup Carrots/Peas 1pc or 1/2 cup Fruit Low fat Milk 8oz
16 CLOSED MARTIN LUTHER KING OBSERVED	17 Chicken Teriyaki 1 cup Red Rice 1/2 cup Broccoli 1pc or 1/2 cup Fruit Low fat Milk 8oz	18 Pork Afritada 1 cup Steamed Rice 1/2 cup Cabbage 1pc or 1/2 cup Fruit Low fat Milk 8oz	19 Chicken w/Mushroom 1 cup Steamed Rice 1/2 cup Mixed Veg 1pc or 1/2 cup Fruit Low fat Milk 8oz	20 Gr. Beef Meatloaf w/Gravy 1 cup Mashed Potato 1/2cup Carrots & Peas 1pc or 1/2 cup Fruit Low fat Milk 8oz
23 Pork Teriyaki 1 cup Steamed Rice 1/2 cup Green Beans 1pc or 1/2 cup Fruit Low fat Milk 8oz	24 Sweet & Sour Fish 1 cup Steamed Rice 1/2 cup Cauliflower 1pc or 1/2 cup Fruit Low fat Milk 8oz	25 Spaghetti Bolognese 1 pc Bread 1/2 cup Carrots & Peas 1pc or 1/2 cup Fruit Low fat Milk 8oz	26 Sesame Garlic Chicken 1 cup Steamed Rice 1/2 cup Cabbage 1pc or 1/2 cup Fruit Low fat Milk 8oz	27 Pork Estufao 1 cup Steamed Rice 1/2 cup Broccoli 1pc or 1/2 cup Fruit Low fat Milk 8oz
30 Ground Beef Caldereta 1 cup Steamed Rice 1/2 cup Carrots & Peas 1pc or 1/2 cup Fruit Low fat Milk 8oz	31 Lemon Oregano Chicken 1 cup Steamed Rice 1/2 cup Corn 1pc or 1/2 cup Fruit Low fat Milk 8oz			

Reviewed & Approved by:


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

Acknowledged by:


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

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-CONGREGATE Meals (C-1)Vegetarian for JANUARY 2023

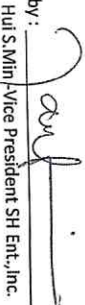
MON	TUE	WED	THURS	FRI
30 CLOSED NEW YEAR OBSERVED	31 Sesame Garlic Tofu 1cup Steamed Rice 1/2 cup Cabbage 1pc or 1/2 cup Fruit Low fat Milk 8oz		Squash Curry 1 cup Steamed Rice 1/2cup Cut Corn 1pc or 1/2 cup Fruit Low fat Milk 8oz	Baked Tofu/Sauce 1 cup Steamed Rice 1/2 cup Broccoli 1pc or 1/2 cup Fruit Low fat Milk 8oz
2 Eggplant Kalbi 1cup Steamed Rice 1/2 cup Cauliflower 1pc or 1/2 cup Fruit Low fat Milk 8oz	3 Vegetarian Pancit 1pc Bread 1/2 cup Carrots 1pc or 1/2 cup Fruit Low fat Milk 8oz	4 Green Beans/Tinakrak 1 cup Steamed Rice 1/2cup Green Peas 1pc or 1/2 cup Fruit Low Fat Milk 8 oz	5 Squash/Garbanzo Curry 1 cup Red Rice 1/2 cup Cut Corn 1pc or 1/2 cup Fruit Low fat Milk 8oz	6 Baked Tofu/Sauce 1 cup Steamed Rice 1/2cup Broccoli 1pc or 1/2 cup Fruit Low fat Milk 8oz
9 Spaghetti /Tomato Sauce 1pc Bread 1/2cup Carrots & Peas 1pc or 1/2cup Fruit Low fat Milk 8oz	10 Tofu Steak/Mushroom 1 cup Steamed Rice 1/2 cup Mixed Veg 1pc or 1/2 cup Fruit Low fat Milk 8oz	11 Veggie Kadu 1 cup Steamed Rice 1/2 cup Cabbage 1pc or 1/2 cup Fruit Low fat Milk 8oz	12 Tofu w/ Turmeric Sauce 1 cup Steamed Rice 1/2 cup Broccoli 1pc or 1/2 cup Fruit Low fat Milk 8oz	13 Eggplant Steak w/Onions 1 cup Steamed Rice 1/2cup Carrots & Peas 1pc or 1/2 cup Fruit Low fat Milk 8oz
16 CLOSED MARTIN LUTHER KING OBSERVED	17 Mixed Beans Teriyaki 1 cup Red Rice 1/2 cup Broccoli 1pc or 1/2 cup Fruit Low fat Milk 8oz	18 Squash/Peas Afritada 1cup Steamed Rice 1/2 cup Cabbage 1pc or 1/2 cup Fruit Low fat Milk 8oz	19 Tofu w/Mushroom 1 cup Steamed Rice 1/2 cup Mixed Veg 1pc or 1/2 cup Fruit Low fat Milk 8oz	20 Gr.Beans/Asparagus Sautee 1 cup Mashed Potato 1/2 cup Carrots/Peas 1pc or 1/2 cup Fruit Low fat Milk 8oz
23 Tofu Teriyaki 1 cup Steamed Rice 1/2 cup Green Beans 1pc or 1/2 cup Fruit Low fat Milk 8oz	24 Mongo Beans Guisado 1 cup Steamed Rice 1/2 cup Cauliflower 1pc or 1/2 cup Fruit Low fat Milk 8oz	25 Vegetable Lasagna 1pc Bread 1/2cup Carrots & Peas 1pc or 1/2 cup Fruit Low fat Milk 8oz	26 Sesame garlic tofu 1 cup Steamed Rice 1/2cup Cabbage 1pc or 1/2 cup Fruit Low fat Milk 8oz	27 Eggplant Estufao 1cup Steamed Rice 1/2cup Broccoli 1pc or 1/2 cup Fruit Low fat Milk 8oz

Reviewed & Approved by:



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

Acknowledged by:



Hul S. Min, Vice President SH Ent., Inc.