

C-2 / Reg.

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 2021

MON	TUE	WED	THURS	FRI	SAT	SUN
				1	2	3
				Chamorro Bistek 1 cup Steamed Rice 1/2cup Broccoli 1/2cup Canned Fruit Low fat Milk 8oz	Chicken Cacciatore 1 cup Steamed Rice 1/2 cup Green Beans 1pc Fresh Fruit Low fat Milk 8oz	Pork Sinigang 1 cup Steamed Rice 1/2 cup Cabbage 1/2cup Canned Fruit Low fat Milk 8oz
4	5	6	7	8	9	10
Chicken w/ Mushroom Sce 1 cup Steamed Rice 1/2 cup Mixed Vegetables 1/2cup Canned Fruit Low fat Milk 8oz	Ground Beef Tinaktak 1 cup Steamed Rice 1/2 cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	Baked Salmon 1 cup Steamed Rice 1/2cup Carrots 1pc Fresh Fruits Low fat Milk 8oz	Pork Estufao 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	Pork Menudo 1 cup Steamed Rice 1/2 cup Carrots/Peas 1pc Fresh Fruit Low fat Milk 8oz	Chicken Pancit 1 pc Bread 1/2 cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz
11	12	13	14	15	16	17
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	Beef Macaroni Pasta 1 pc Bread 1/2 cup Green Peas 1pc Fresh Fruit Low fat Milk 8oz	Chicken in Oyster Sauce 1 cup Steamed Rice 1/2cup Chamorro salad 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 Afritada 1 cup Steamed Rice 1/2 cup Bo. Cabbage 1pc Fresh Fruit Low fat Milk 8oz	Pork Asado 1 cup Steamed Rice 1/2 cup Carrots 1/2cup Canned Fruit Low fat Milk 8oz
18	19	20	21	22	23	24
Baked Salmon 1 cup Steamed Rice 1/2cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	Chicken Tinola 1 pc Bread 1/2 cup Mixed Veg 1pc Fresh Fruit Low fat Milk 8oz	Pork Achote 1 cup Steamed Rice 1/2 cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	Chicken w/ Mushroom Sce 1 cup Steamed Rice 1/2 cup Cauliflower 1pc Fresh Fruit Low fat Milk 8oz	Chamorro Bistek 1 cup Steamed Rice 1/2cup Broccoli 1/2cup Canned Fruit Low fat Milk 8oz	Pork Kadu 1 cup Steamed Rice 1/2cup Carrots 1/2cup Canned Fruit Low fat Milk 8oz	Chicken Afritada 1 cup Steamed Rice 1/2 cup Mixed Veg 1pc Fresh Fruit Low fat Milk 8oz
25	26	27	28	29	30	
Pork Menudo Steamed Rice 1/2 cup Peas & Carrots 1pc Fresh Fruit Low fat Milk 8oz	Chicken StirFry 1 cup Steamed Rice 1/2 cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	Gr.Beef w/ Oyster Sauce 1 cup Steamed Rice 1/2 cup Carrots 1 pc Fresh Fruit Low fat Milk 8oz	Chicken Curry 1 cup Steamed Rice 1/2 cup Green Peas 1pc Fresh Fruit Low fat Milk 8oz	Fish w/ Teriyaki Sce 1 cup Steamed Rice 1/2cup Chamorro salad 1pc Fresh Fruit Low fat Milk 8oz	Glazed Ham w/ Pineapple 1 cup Steamed Rice 1/2 cup Mixed Veg 1pc Fresh 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.

C-2 / Vegetarian

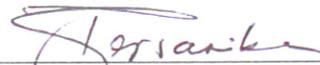
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DSC-Elderly Nutrition Program: Lunch-Home Delivered Meals (C-2)-VEGETARIAN for JANUARY 2021

MON	TUE	WED	THURS	FRI	SAT	SUN
				1	2	3
				Tofu Bistek 1 cup Steamed Rice 1/2cup Broccoli 1/2cup Canned Fruit Low fat Milk 8oz	Squash Cacciatore 1 cup Steamed Rice 1/2 cup Green Beans 1pc Fresh Fruit Low fat Milk 8oz	Veggie Sinigang 1 cup Steamed Rice 1/2 cup Cabbage 1/2cup Canned Fruit Low fat Milk 8oz
4	5	6	7	8	9	10
Tofu w/ Mushroom Sce 1 cup Steamed Rice 1/2 cup Mixed Vegetables 1/2cup Canned Fruit Low fat Milk 8oz	Gr. Beans Tinaktak 1 cup Steamed Rice 1/2 cup Gr. Peas 1/2cup Canned Fruit Low fat Milk 8oz	Squash Curry 1 cup Steamed Rice 1/2 cup Mixed Veg 1pc Fresh Fruits Low fat Milk 8oz	Tofu Estufao 1 cup Steamed Rice 1/2 cup Cabbage 1pc Fresh Fruit Low fat Milk 8oz	Stir Fry Vegetables 1 cup Steamed Rice 1/2 cup Carrots 1/2 cup Canned Fruit Low fat Milk 8oz	Mixd Beans Menudo 1 cup Steamed Rice 1/2 cup Carrots/Peas 1pc Fresh Fruit Low fat Milk 8oz	Veggie Pancit 1 pc Bread 1/2 cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz
11	12	13	14	15	16	17
Tofu Steak w/ Onions 1 cup Steamed Rice 1/2 cup Mixed vegetable 1pc Fresh Fruit Low fat Milk 8oz	Vegetarian Escabeche 1 cup Steamed Rice 1/2cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	Macaroni Pasta w/ Sce 1 pc Bread 1/2 cup Green Peas 1pc Fresh Fruit Low fat Milk 8oz	Tofu in Oyster Sauce 1 cup Steamed Rice 1/2cup Chamorro salad 1/2cup Canned Fruit Low fat Milk 8oz	Mongo Beans Guisado 1 cup Steamed Rice 1/2 cup Peas & Carrots 1pc Fresh Fruit Low fat Milk 8oz	Veggie Afritada 1 cup Steamed Rice 1/2 cup Bo. Cabbage 1pc Fresh Fruit Low fat Milk 8oz	Tofu Asado 1 cup Steamed Rice 1/2 cup Carrots 1/2cup Canned Fruit Low fat Milk 8oz
18	19	20	21	22	23	24
Eggplant Sariado (Tom Sce) 1 cup Steamed Rice 1/2cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	Veggie Tinola 1 pc Bread 1/2 cup Mixed Veg 1pc Fresh Fruit Low fat Milk 8oz	Tofu Achote 1 cup Steamed Rice 1/2 cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	Kidney Beans w/ Mushroom Sce 1 cup Steamed Rice 1/2 cup Cauliflower 1pc Fresh Fruit Low fat Milk 8oz	Gr. Beans Tinaktak 1 cup Steamed Rice 1/2 cup Gr. Peas 1/2cup Canned Fruit Low fat Milk 8oz	Veggie Kadu 1 cup Steamed Rice 1/2cup Carrots 1/2cup Canned Fruit Low fat Milk 8oz	Chicken Afritada 1 cup Steamed Rice 1/2 cup Mixed Veg 1pc Fresh Fruit Low fat Milk 8oz
25	26	27	28	29	30	
Mixed Beans Menudo 1 pc Bread 1/2 cup Peas & Carrots 1pc Fresh Fruit Low fat Milk 8oz	Stir Fry Vegetables 1 cup Steamed Rice 1/2 cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	Eggplantw/ Oyster Sauce 1 cup Steamed Rice 1/2 cup Carrots 1 pc Fresh Fruit Low fat Milk 8oz	Squash Curry 1 cup Steamed Rice 1/2 cup Green Peas 1pc Fresh Fruit Low fat Milk 8oz	Tofu w/ Teriyaki Sce 1 cup Steamed Rice 1/2cup Chamorro salad 1pc Fresh Fruit Low fat Milk 8oz	Mongo Beans Guisado 1 cup Steamed Rice 1/2 cup Mixed Veg 1pc Fresh Fruit Low fat Milk 8oz	

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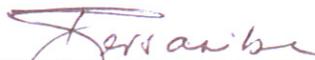
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DSC-Elderly Nutrition Program: Lunch-Congregate Meals (C-1) for JANUARY 2021

MON	TUE	WED	THURS	FRI
				NEW YEAR
				Chamorro Bistek 1 cup Steamed Rice 1/2cup Broccoli 1/2cup Canned Fruit Low fat Milk 8oz
4	5	6	7	8
Chicken w/ Mushroom Sce 1 cup Steamed Rice 1/2 cup Mixed Vegetables 1/2cup Canned Fruit Low fat Milk 8oz	Ground Beef Tinaktak 1 cup Steamed Rice 1/2 cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	Baked Salmon 1 cup Steamed Rice 1/2cup Carrots 1pc Fresh Fruits Low fat Milk 8oz	Pork Estufao 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
11	12	13	14	15
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	Beef Macaroni Pasta 1 pc Bread 1/2 cup Green Peas 1pc Fresh Fruit Low fat Milk 8oz	Chicken in Oyster Sauce 1 cup Steamed Rice 1/2cup Chamorro salad 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
18	19	20	21	22
Baked Salmon 1 cup Steamed Rice 1/2cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	Chicken Tinola 1 pc Bread 1/2 cup Mixed Veg 1pc Fresh Fruit Low fat Milk 8oz	Pork Achote 1 cup Steamed Rice 1/2 cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	Chicken w/ Mushroom Sce 1 cup Steamed Rice 1/2 cup Cauliflower 1pc Fresh Fruit Low fat Milk 8oz	Chamorro Bistek 1 cup Steamed Rice 1/2cup Broccoli 1/2cup Canned Fruit Low fat Milk 8oz
25	26	27	28	29
Pork Menuudo Steamed Rice 1/2 cup Peas & Carrots 1pc Fresh Fruit Low fat Milk 8oz	Chicken StirFry 1 cup Steamed Rice 1/2 cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	Gr.Beef w/ Oyster Sauce 1 cup Steamed Rice 1/2 cup Carrots 1 pc Fresh Fruit Low fat Milk 8oz	Chicken Curry 1 cup Steamed Rice 1/2 cup Green Peas 1pc Fresh Fruit Low fat Milk 8oz	Fish w/ Teriyaki Sce 1 cup Steamed Rice 1/2cup Chamorro salad 1pc Fresh Fruit Low fat Milk 8oz

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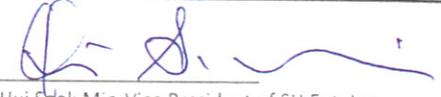
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DSC-Elderly Nutrition Program: Lunch-Congregate Meals (C-1)-Vegetarian for JANUARY 2021

MON	TUE	WED	THURS	FRI
				1
				Tofu Bistek 1 cup Steamed Rice 1/2cup Broccoli 1/2cup Canned Fruit Low fat Milk 8oz
4	5	6	7	8
Tofu w/ Mushroom Sce 1 cup Steamed Rice 1/2 cup Mixed Vegetables 1/2cup Canned Fruit Low fat Milk 8oz	Gr. Beans Tinaktak 1 cup Steamed Rice 1/2 cup Gr. Peas 1/2cup Canned Fruit Low fat Milk 8oz	Squash Curry 1 cup Steamed Rice 1/2 cup Mixed Veg 1pc Fresh Fruits Low fat Milk 8oz	Tofu Estufao 1 cup Steamed Rice 1/2 cup Cabbage 1pc Fresh Fruit Low fat Milk 8oz	Stir Fry Vegetables 1 cup Steamed Rice 1/2 cup Carrots 1/2 cup Canned Fruit Low fat Milk 8oz
11	12	13	14	15
Tofu Steak w/ Onions 1 cup Steamed Rice 1/2 cup Mixed vegetable 1pc Fresh Fruit Low fat Milk 8oz	Vegetarian Escabeche 1 cup Steamed Rice 1/2cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	Macaroni Pasta w/ Sce 1 pc Bread 1/2 cup Green Peas 1pc Fresh Fruit Low fat Milk 8oz	Tofu in Oyster Sauce 1 cup Steamed Rice 1/2cup Chamorro salad 1/2cup Canned Fruit Low fat Milk 8oz	Mongo Beans Guisado 1 cup Steamed Rice 1/2 cup Peas & Carrots 1pc Fresh Fruit Low fat Milk 8oz
18	19	20	21	22
Eggplant Sarciado (Tom Sce) 1 cup Steamed Rice 1/2cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	Veggie Tinola 1 pc Bread 1/2 cup Mixed Veg 1pc Fresh Fruit Low fat Milk 8oz	Tofu Achote 1 cup Steamed Rice 1/2 cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	Kidney Beans w/ Mushroom Sce 1 cup Steamed Rice 1/2 cup Cauliflower 1pc Fresh Fruit Low fat Milk 8oz	Gr. Beans Tinaktak 1 cup Steamed Rice 1/2 cup Gr. Peas 1/2cup Canned Fruit Low fat Milk 8oz
25	26	27	28	29
Mixed Beans Menudo 1 pc Bread 1/2 cup Peas & Carrots 1pc Fresh Fruit Low fat Milk 8oz	Stir Fry Vegetables 1 cup Steamed Rice 1/2 cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	Eggplantw/ Oyster Sauce 1 cup Steamed Rice 1/2 cup Carrots 1 pc Fresh Fruit Low fat Milk 8oz	Squash Curry 1 cup Steamed Rice 1/2 cup Green Peas 1pc Fresh Fruit Low fat Milk 8oz	Tofu w/ Teriyaki Sce 1 cup Steamed Rice 1/2cup Chamorro salad 1pc Fresh Fruit Low fat Milk 8oz

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