

C-1 Regular

SH Enterprises, Inc.

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

Nov. 2020

DSC-Elderly Nutrition Program: Lunch-Congregate Meals (C-1) for OCTOBER 2020

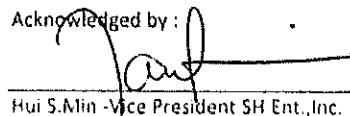
MON	TUE	WED	THURS	FRI	SAT	SUN
30						1
Pork Chopsuey 1 cup Steamed Rice 1/2 cup Mixed Veg 1pc Fresh Fruit Low fat Milk 8oz						
	3	4	5	6	7	8
	Pork Curry 1 cup Steamed Rice 1/2 cup Carrots/Peas 1/2cup Canned Fruit Low fat Milk 8oz	Ground Beef w/ Vegetable 1 cup Steamed Rice 1/2 cup Cut Corn 1pc Fresh Fruits Low fat Milk 8oz	Chicken Sinlgang 1 cup Steamed Rice 1/2 cup Cabbage 1pc Fresh Fruit Low fat Milk 8oz	Beef Macaroni Casserole 1 pc Bread 1/2 cup Green Peas 1/2 cup Canned Fruit Low fat Milk 8oz		
9	10	11	12	13	14	15
Beef Steak w/ Onions 1 cup Steamed Rice 1/2cup Carrots 1pc Fresh Fruit Low fat Milk 8oz	Glazed Ham w/ Pineapple 1 cup Steamed Rice 1/2 cup Broccoli 1/2cup Canned Fruit Low fat Milk 8oz	VETERAN'S DAY	Mediterranean Tuna Salad 1 pc Bread 1/2 cup Green Peas 1/2cup Canned Fruit Low fat Milk 8oz	Grd Beef Picadillo 1 cup Steamed Rice 1/2 cup Cut Corn 1pc Fresh Fruit Low fat Milk 8oz		
16	17	18	19	20	21	22
Pork Asado 1 cup Steamed Rice 1/2 cup Broccoli 1/2cup Canned Fruit Low fat Milk 8oz	Beef Chopsuey 1 cup Steamed Rice 1/2 cup Cabbage Strips 1pc Fresh Fruit Low fat Milk 8oz	Chicken Curry 1 cup Steamed Rice 1/2 cup Peas & Carrots 1/2cup Canned Fruit Low fat Milk 8oz	Spaghetti w/ Meat/Tom Sce 1 pc Bread 1/2 cup Cut Corn 1pc Fresh Fruit Low fat Milk 8oz	Pork in Oyster Sce 1 cup Steamed Rice 1/2cup Carrots 1/2cup Canned Fruit Low fat Milk 8oz		
23	24	25	26	27	28	29
Ground Beef with Vegetable 1 cup Steamed Rice 1/2 cup Peas & Carrots 1pc Fresh Fruit Low fat Milk 8oz	Mediterranean Tuna Salad 1 pc Bread 1/2 cup Broccoli 1/2cup Canned Fruit Low fat Milk 8oz	Pork Estufao 1 cup Steamed Rice 1/2 cup Carrots 1 pc Fresh Fruit Low fat Milk 8oz	THANKSGIVING DAY	Chicken Chalakles 1 cup Steamed Rice 1/2 cup Green Peas 1pc Fresh Fruit Low fat Milk 8oz		

Reviewed & Approved by:

Acknowledged by :



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



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

C-1 Vegetarian

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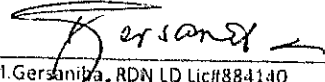
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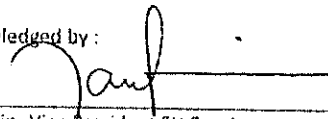
VEGETARIAN						
MON	TUE	WED	THURS	FRI	SAT	SUN
30						1
Veggie Chopsuey 1 cup Steamed Rice 1/2 cup Mixed Veg 1pc Fresh Fruit Low fat Milk 8oz						
	3	4	5	6	7	8
	Squash Curry 1 cup Steamed Rice 1/2 cup Carrots/Peas 1/2cup Canned Fruit Low fat Milk 8oz	Tofu w/ Garlic Sauce 1 cup Steamed Rice 1/2 cup Cut Corn 1pc Fresh Fruits Low fat Milk 8oz	Veggie Sinigang 1 cup Steamed Rice 1/2 cup Cabbage 1pc Fresh Fruit Low fat Milk 8oz	Veg- Macaroni Casserole 1 pc Bread 1/2 cup Green Peas 1/2 cup Canned Fruit Low fat Milk 8oz		
9	10	11	12	13	14	15
Tofu Steak w/ Onions 1 cup Steamed Rice 1/2cup Carrots 1pc Fresh Fruit Low fat Milk 8oz	Mongo Beans Gulsado 1 cup Steamed Rice 1/2 cup Broccoli 1/2cup Canned Fruit Low fat Milk 8oz	VETERAN'S DAY	Tofu Sarclado (Tomato Sce) 1 cup Steamed Rice 1/2 cup Green Peas 1/2cup Canned Fruit Low fat Milk 8oz	Mixed Legumes Picadillo 1 cup Steamed Rice 1/2 cup Cut Corn 1pc Fresh Fruit Low fat Milk 8oz		
16	17	18	19	20	21	22
Eggplant Asado 1 cup Steamed Rice 1/2 cup Mixed Veg 1/2cup Canned Fruit Low fat Milk 8oz	Mixed Veg Chopsuey 1 cup Steamed Rice 1/2 cup Cabbage Strips 1pc Fresh Fruit Low fat Milk 8oz	Squash Curry 1 cup Steamed Rice 1/2 cup Peas & Carrots 1/2cup Canned Fruit Low fat Milk 8oz	Tofu In Oyster Sce 1 cup Steamed Rice 1/2 cup Peas & Carrots 1pc Fresh Fruit Low fat Milk 8oz	Spaghetti w/ Tom Sce 1 pc Bread 1/2 cup Cut Corn 1/2cup Canned Fruit Low fat Milk 8oz		
23	24	25	26	27	28	29
Vegetarian Pasta w/ Tom Sce 1 cup Steamed Rice 1/2 cup Peas & Carrots 1pc Fresh Fruit Low fat Milk 8oz	Tofu Teriyaki 1 cup Steamed Rice 1/2 cup Broccoli 1/2cup Canned Fruit Low fat Milk 8oz	Eggplant Estufo 1 cup Steamed Rice 1/2 cup Carrots 1 pc Fresh Fruit Low fat Milk 8oz	THANKSGIVING DAY	Lentil Chalakiles 1 cup Steamed Rice 1/2 cup Green Peas 1pc Fresh Fruit Low fat Milk 8oz		

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