

# C-2 Regular

## SH Enterprises, Inc.

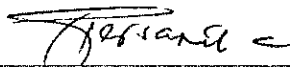
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# Nov. 2020

### DSC-Elderly Nutrition Program: Lunch-Home Delivered Meals (C-2) for NOVEMBER 2020

MON	TUE	WED	THURS	FRI	SAT	SUN
30						1
<b>Pork Chopsuey</b> 1 cup Steamed Rice 1/2 cup Mixed Veg 1pc Fresh Fruit Low fat Milk 8oz						<b>Grd Beef Picadillo</b> 1 cup Steamed Rice 1/2 cup Cut Corn 1/2cup Canned Fruit Low fat Milk 8oz
	3	4	5	6	7	8
	<b>Pork Curry</b> 1 cup Steamed Rice 1/2 cup Carrots/Peas 1/2cup Canned Fruit Low fat Milk 8oz	<b>Ground Beef w/ Vegetable</b> 1 cup Steamed Rice 1/2 cup Cut Corn 1pc Fresh Fruits Low fat Milk 8oz	<b>Chicken Sinigang</b> 1 cup Steamed Rice 1/2 cup Cabbage 1pc Fresh Fruit Low fat Milk 8oz	<b>Beef Macaroni Casserole</b> 1 pc Bread 1/2 cup Green Peas 1/2 cup Canned Fruit Low fat Milk 8oz	<b>Chicken Afritada</b> 1 cup Steamed Rice 1/2 cup Carrots 1pc Fresh Fruit Low fat Milk 8oz	<b>Pork Pancit</b> 1 pc Bread 1/2 cup Mixed Veg 1/2cup Canned Fruit Low fat Milk 8oz
9	10	11	12	13	14	15
<b>Beef Steak w/ Onions</b> 1 cup Steamed Rice 1/2cup Carrots 1pc Fresh Fruit Low fat Milk 8oz	<b>Glazed Ham w/ Pineapple</b> 1 cup Steamed Rice 1/2 cup Broccoli 1/2cup Canned Fruit Low fat Milk 8oz	<b>VETERAN'S DAY</b>	<b>Mediterranean Tuna Salad</b> 1 pc Bread 1/2 cup Green Peas 1/2cup Canned Fruit Low fat Milk 8oz	<b>Grd Beef Picadillo</b> 1 cup Steamed Rice 1/2 cup Cut Corn 1pc Fresh Fruit Low fat Milk 8oz	<b>Pork Sinigang</b> 1 cup Steamed Rice 1/2 cup Bo. Cabbage 1pc Fresh Fruit Low fat Milk 8oz	<b>Chicken Stew</b> 1 cup Steamed Rice 1/2 cup Carrots 1/2cup Canned Fruit Low fat Milk 8oz
16	17	18	19	20	21	22
<b>Pork Asado</b> 1 cup Steamed Rice 1/2 cup Broccoli 1/2cup Canned Fruit Low fat Milk 8oz	<b>Beef Chopsuey</b> 1 cup Steamed Rice 1/2 cup Cabbage Strips 1pc Fresh Fruit Low fat Milk 8oz	<b>Chicken Curry</b> 1 cup Steamed Rice 1/2 cup Peas & Carrots 1/2cup Canned Fruit Low fat Milk 8oz	<b>Spaghetti w/ Meat/Tom Sce</b> 1 pc Bread 1/2 cup Cut Corn 1pc Fresh Fruit Low fat Milk 8oz	<b>Pork in Oyster Sce</b> 1 cup Steamed Rice 1/2cup Carrots 1/2cup Canned Fruit Low fat Milk 8oz	<b>Chicken w/Mushrooms</b> 1 cup Steamed Rice 1/2cup Carrots 1/2cup Canned Fruit Low fat Milk 8oz	<b>Pork Afritada</b> 1 cup Steamed Rice 1/2 cup Mixed Veg 1pc Fresh Fruit Low fat Milk 8oz
23	24	25	26	27	28	29
<b>Ground Beef with Vegetable</b> 1 cup Steamed Rice 1/2 cup Peas & Carrots 1pc Fresh Fruit Low fat Milk 8oz	<b>Mediterranean Tuna Salad</b> 1 pc Bread 1/2 cup Broccoli 1/2cup Canned Fruit Low fat Milk 8oz	<b>Pork Estufao</b> 1 cup Steamed Rice 1/2 cup Carrots 1 pc Fresh Fruit Low fat Milk 8oz	<b>THANKSGIVING DAY</b>	<b>Chicken Chalakiles</b> 1 cup Steamed Rice 1/2 cup Green Peas 1pc Fresh Fruit Low fat Milk 8oz	<b>Glazed Ham w/ Pineapple</b> 1 cup Steamed Rice 1/2 cup Broccoli 1pc Fresh Fruit Low fat Milk 8oz	<b>Chicken Tinola</b> 1 cup Steamed Rice 1/2 cup Bo. Cabbage 1pc Fresh Fruits 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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Nov. 2020

## DSC-Elderly Nutrition Program: Lunch-Home Delivered Meals (C-2) for OCTOBER 2020

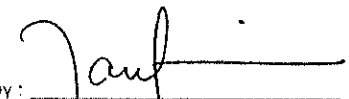
### VEGETARIAN

MON	TUE	WED	THURS	FRI	SAT	SUN
30						1
<b>Veggie Chopsuey</b> 1 cup Steamed Rice 1/2 cup Mixed Veg 1pc Fresh Fruit Low fat Milk 8oz						<b>Tofu Estufao</b> 1 cup Steamed Rice 1/2 cup Green Peas 1/2cup Canned Fruit Low fat Milk 8oz
	3	4	5	6	7	8
	<b>Squash Curry</b> 1 cup Steamed Rice 1/2 cup Carrots/Peas 1/2cup Canned Fruit Low fat Milk 8oz	<b>Tofu w/ Garlic Sauce</b> 1 cup Steamed Rice 1/2 cup Cut Corn 1pc Fresh Fruits Low fat Milk 8oz	<b>Veggie Sinigang</b> 1 cup Steamed Rice 1/2 cup Cabbage 1pc Fresh Fruit Low fat Milk 8oz	<b>Veg- Macaroni Casserole</b> 1 pc Bread 1/2 cup Green Peas 1/2 cup Canned Fruit Low fat Milk 8oz	<b>Tofu Afritada</b> 1 cup Steamed Rice 1/2 cup Carrots 1pc Fresh Fruit Low fat Milk 8oz	<b>Veggie Pancit w/ Tofu</b> 1 pc Bread 1/2 cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz
9	10	11	12	13	14	15
<b>Tofu Steak w/ Onions</b> 1 cup Steamed Rice 1/2cup Carrots 1pc Fresh Fruit Low fat Milk 8oz	<b>Mongo Beans Gulsado</b> 1 cup Steamed Rice 1/2 cup Broccoli 1/2cup Canned Fruit Low fat Milk 8oz		<b>Tofu Sariado (Tomato Sce)</b> 1 cup Steamed Rice 1/2 cup Green Peas 1/2cup Canned Fruit Low fat Milk 8oz	<b>Mixed Legumes Picadillo</b> 1 cup Steamed Rice 1/2 cup Cut Corn 1pc Fresh Fruit Low fat Milk 8oz	<b>Veggie Sinigang</b> 1 cup Steamed Rice 1/2 cup Bo. Cabbage 1pc Fresh Fruit Low fat Milk 8oz	<b>Bean/Potato Stew</b> 1 cup Steamed Rice 1/2 cup Bo. Cabbage 1/2cup Canned Fruit Low fat Milk 8oz
16	17	18	19	20	21	22
<b>Eggplant Asado</b> 1 cup Steamed Rice 1/2 cup Mixed Veg 1/2cup Canned Fruit Low fat Milk 8oz	<b>Mixed Veg Chopsuey</b> 1 cup Steamed Rice 1/2 cup Cabbage Strips 1pc Fresh Fruit Low fat Milk 8oz	<b>Squash Curry</b> 1 cup Steamed Rice 1/2 cup Peas & Carrots 1/2cup Canned Fruit Low fat Milk 8oz	<b>Tofu In Oyster Sce</b> 1 cup Steamed Rice 1/2 cup Peas & Carrots 1pc Fresh Fruit Low fat Milk 8oz	<b>Spaghetti w/ Tom Sce</b> 1 pc Bread 1/2 cup Cut Corn 1/2cup Canned Fruit Low fat Milk 8oz	<b>Mix Veg w/Mushrooms</b> 1 cup Steamed Rice 1/2cup Carrots 1/2cup Canned Fruit Low fat Milk 8oz	<b>Tofu Afritada</b> 1 cup Steamed Rice 1/2 cup Mixed Veg 1pc Fresh Fruit Low fat Milk 8oz
23	24	25	26	27	28	29
<b>Vegetarian Pasta w/ Tom Sce</b> 1 cup Steamed Rice 1/2 cup Peas & Carrots 1pc Fresh Fruit Low fat Milk 8oz	<b>Tofu Teriyaki</b> 1 cup Steamed Rice 1/2 cup Broccoli 1/2cup Canned Fruit Low fat Milk 8oz	<b>Eggplant Estufao</b> 1 cup Steamed Rice 1/2 cup Carrots 1 pc Fresh Fruit Low fat Milk 8oz		<b>Lentil Chalakkies</b> 1 cup Steamed Rice 1/2 cup Green Peas 1pc Fresh Fruit Low fat Milk 8oz	<b>Spaghetti w/ Tom Sauce</b> 1 pc Bread 1/2 cup Broccoli 1pc Fresh Fruit Low fat Milk 8oz	<b>Veggie Tinola</b> 1 cup Steamed Rice 1/2 cup Bo. Cabbage 1pc Fresh Fruits Low fat Milk 8oz

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 Maria M. Gersaniba, RDN LD Lic#884140

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