

SH Enterprises, Inc.

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

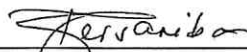
Tel: 649-9716 / 649-9727 Fax: 649-0523 Email: shdsc2019@yahoo.com

Finalized 10/12/22

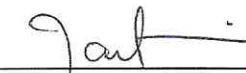
DSC-Elderly Nutrition Program: Lunch-Home Delivered Meals (C-2) for NOVEMBER 2022

MON	TUE	WED	THURS	FRI	SAT	SUN
	1	2-ALL SOUL'S DAY	3	4	5	6
	Gr. Beef w/ Vegetables		Beef-Macaroni Casserole	Lemon Herb Fish	Chicken Tinola	Pork Menudo
	1 cup Steamed Rice	HOLIDAY	1 pc Bread	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
	1/2cup Peas & Carrots		1/2cup Mixed Vegetables	1/2cup Carrots	1/2 c Cabbage	1/2 cup Green Peas
	1 pc or 1/2 cup Fruit		1 pc or 1/2 cup Fruit	1/2cup Fresh Fruit	1 pc or 1/2 cup Fruit	1 pc or 1/2 cup Fruit
	Low fat Milk 8oz		Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz
7	8	9	10	11-VETERANS DAY	12	13
Glazed Chicken Bits	Beef Meatloaf w/Gravy	Fish Escabeche	Pork Curry		Pork Estufao	Chicken Sinigang
1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	HOLIDAY	1 cup Steamed Rice	1 cup Steamed Rice
1/2cup Cut Corn	1/2cup Cabbage Salad	1/2cup Green Beans	1/2cup Peas & Carrots		1/2 cup Cauliflower	1/2 c Cabbage
1 pc or 1/2 cup Fruit	1 pc or 1/2 cup Fruit	1 pc or 1/2 cup Fruit	1 pc or 1/2 cup Fruit		1 pc or 1/2 cup Fruit	1 pc or 1/2 cup Fruit
Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz		Low fat Milk 8oz	Low fat Milk 8oz
14	15	16	17	18	19	20
Baked Fish w/ Sauce	Lemon Oregano Chicken	Glazed Ham /Pineapple	Gr. Beef w/Mushroom Sce.	Sweet-Sticky Chicken	Pork Pancit	Chicken Estufao
1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 SL Bread	1 cup Steamed Rice
1/2cup Mixed Vegetable	1/2cup Green beans	1/2 cup Broccoli	1/2cup Peas & Carrots	1/2cup Cauliflower	1/2cup Green Beans	1/2 cup Green Peas
1 pc or 1/2 cup Fruit	1 pc or 1/2 cup Fruit	1 pc or 1/2 cup Fruit	1 pc or 1/2 cup Fruit	1 pc or 1/2 cup Fruit	1 pc or 1/2 cup Fruit	1 pc or 1/2 cup Fruit
Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz
21	22	23	24	25	26	27
Spaghetti -Beef Tomt. Sce	Pork Kadu	Roast Turkey/Gravy		Ground Beef Picadillo	Lemon Herb Fish	Stirfry Chicken
1 SL Bread	1 cup Steamed Rice	1 svg Mashed Potato	Happy	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
1/2 cup Green Beans	1/2 c Cabbage	1/2cup Corns	Thanksgiving Day!	1/2 cup Mixed Vegetable	1/2cup Cabbage Salad	1/2 cup Carrots
1 pc or 1/2 cup Fruit	1 pc or 1/2 cup Fruit	1 pc or 1/2 cup Fruit		1 pc or 1/2 cup Fruit	1 pc or 1/2 cup Fruit	1 pc or 1/2 cup Fruit
Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz		Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz
28	29	30				
Pork w/ Oyster Sauce	Chicken Cacciatore	Beef Meatloaf w/Gravy				
1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice				
1/2cup Cauliflower	1/2cup Cut Corn	1/2 cup Mixed Vegetable				
1 pc or 1/2 cup Fruit	1 pc or 1/2 cup Fruit	1 pc or 1/2 cup Fruit				
Low fat Milk 8oz	Low fat Milk 8oz	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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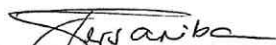
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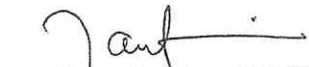
DSC-Elderly Nutrition Program: Lunch-Home Delivered Meals (C-2)- Vegetarian for NOVEMBER 2022

MON	TUE	WED	THURS	FRI	SAT	SUN
	1	2-ALL SOUL'S DAY	3	4	5	6
	Mixed Vegetables		Macaroni Casserole	Lemon Herb Tofu	Vegetable Tinola	Kidney Beans Menudo
	1 cup Steamed Rice		1 pc Bread	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
	1/2cup Peas & Carrots	HOLIDAY	1/2cup Mixed Vegetables	1/2cup Carrots	1/2 c Cabbage	1/2 cup Green Peas
	1/2cup Fresh Fruit		1 pc or 1/2 cup Fruit	1/2cup Fresh Fruit	1 pc or 1/2 cup Fruit	1/2cup Canned Fruit
	Low fat Milk 8oz		Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz
7	8	9	10	11-VETERANS DAY	12	13
Eggplant Omelet	Chamorro Tofu Steak	Stirfry Vegetables	Lentil Curry		Tofu Estufao	Sauteed Mongo Beans
1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	HOLIDAY	1 cup Steamed Rice	1 cup Steamed Rice
1/2cup Cut Corn	1/2cup Cabbage Salad	1/2cup Green Beans	1/2cup Peas & Carrots		1/2 cup Cauliflower	1/2 c Cabbage
1/2cup Canned Fruit	1/2cup Fresh Fruit	1pc Fresh Fruits	1/2cup Canned Fruit		1pc Fresh Fruit	1/2cup Canned Fruit
Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz		Low fat Milk 8oz	Low fat Milk 8oz
14	15	16	17	18	19	20
Squash Curry	Lemon Oregano Tofu	Tofu Steak w/ Onions	Pasta/Mushroom Sce	Lentil Curry	Tofu-Veg Pancit	Eggplant Estufao
1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 pc Bread	1 cup Steamed Rice	1 pc Bread	1 cup Steamed Rice
1/2cup Mixed Vegetable	1/2cup Green beans	1/2 cup Broccoli	1/2cup Peas & Carrots	1/2cup Cauliflower	1/2cup Green Beans	1/2 cup Green Peas
1pc Fresh Fruit	1/2cup Canned Fruit	1pc Fresh Fruit	1pc Fresh Fruit	1/2cup Canned Fruit	1pc Fresh Fruit	1/2cup Canned Fruit
Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz
21	22	23	24	25	26	27
Pasta w/ Tom Sce	Sauteed Mongo Beans	Sesame Garlic Tofu		Gr. Beans Tinaktak	Lemon Herb Tofu	Stirfry Vegetables
1 pc Bread	1 cup Steamed Rice	1 cup Steamed Rice	Happy	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
1/2 cup Green Beans	1/2 c Cabbage	1/2cup Corns	Thanksgiving Day!	1/2 cup Mixed Vegetable	1/2cup Cabbage Salad	1/2 cup Carrots
1/2cup Canned Fruit	1pc Fresh Fruit	1/2cup Canned Fruit		1/2cup Fresh Fruit	1/2cup Canned Fruit	1pc Fresh Fruit
Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz		Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz
28	29	30				
Tofu w/ Oyster Sauce	Eggplant Cacciatore	Tofu Teriyaki				
1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice				
1/2cup Cauliflower	1/2cup Cut Corn	1/2 cup Mixed Vegetable				
1/2cup Canned Fruit	1pc Fresh Fruit	1pc Fresh Fruit				
Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz				

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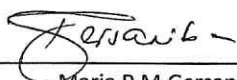
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DSC-Elderly Nutrition Program: Lunch-Congregate Meals (C-1) for NOVEMBER 2022

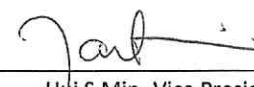
MON	TUE	WED	THURS	FRI
	1	2-ALL SOUL'S DAY	3	4
	Gr. Beef w/ Vegetables		Beef-Macaroni Casserole	Lemon Herb Fish
	1 cup Steamed Rice	HOLIDAY	1 pc Bread	1 cup Steamed Rice
	1/2cup Peas & Carrots		1/2cup Mixed Vegetables	1/2cup Carrots
	1 pc or 1/2 cup Fruit		1 pc or 1/2 cup Fruit	1/2cup Fresh Fruit
	Low fat Milk 8oz		Low fat Milk 8oz	Low fat Milk 8oz
7	8	9	10	11-VETERANS DAY
Glazed Chicken Bits	Gr.Beef Meatfoaf w/Gravy	Fish Escabeche	Pork Curry	
1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	HOLIDAY
1/2cup Cut Corn	1/2cup Cabbage Salad	1/2cup Green Beans	1/2cup Peas & Carrots	
1 pc or 1/2 cup Fruit	1 pc or 1/2 cup Fruit	1 pc or 1/2 cup Fruit	1 pc or 1/2 cup Fruit	
Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	
14	15	16	17	18
Baked Fish w/ Sauce	Lemon Oregano Chicken	Glazed Ham Pineapple	Gr. Beef/Mushroom Sce	Sweet-Sticky Chicken
1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
1/2cup Mixed Vegetable	1/2cup Green beans	1/2 cup Broccoli	1/2cup Peas & Carrots	1/2cup Cauliflower
1 pc or 1/2 cup Fruit	1 pc or 1/2 cup Fruit	1 pc or 1/2 cup Fruit	1 pc or 1/2 cup Fruit	1 pc or 1/2 cup Fruit
Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz
21	22	23	24	25
Spaghetti -Beef Tom Sce	Pork Kadu	Roast Turkey/Gravy		Ground Beef Picadillo
1 SL Bread	1 cup Steamed Rice	1 svg Mashed Potato	Happy	1 cup Steamed Rice
1/2 cup Green Beans	1/2 c Cabbage	1/2cup Corns	Thanksgiving Day!	1/2 cup Mixed Vegetable
1 pc or 1/2 cup Fruit	1 pc or 1/2 cup Fruit	1 pc or 1/2 cup Fruit		1 pc or 1/2 cup Fruit
Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz		Low fat Milk 8oz
28	29	30		
Pork w/ Oyster Sauce	Chicken Cacciatore	Beef Meatloaf w/Gravy		
1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice		
1/2cup Cauliflower	1/2cup Cut Corn	1/2 cup Mixed Vegetable		
1 pc or 1/2 cup Fruit	1 pc or 1/2 cup Fruit	1 pc or 1/2 cup Fruit		
Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz		

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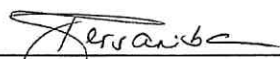
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DSC-Elderly Nutrition Program: Lunch-Congregate Meals (C-1)- Vegetarian for NOVEMBER 2022

MON	TUE	WED	THURS	FRI
	1	2-ALL SOUL'S DAY	3	4
	Mixed Vegetables		Macaroni Casserole	Lemon Herb Tofu
	1 cup Steamed Rice	HOLIDAY	1 pc Bread	1 cup Steamed Rice
	1/2cup Peas & Carrots		1/2cup Mixed Vegetables	1/2cup Carrots
	1/2cup Fresh Fruit		1 pc or 1/2 cup Fruit	1/2cup Fresh Fruit
	Low fat Milk 8oz		Low fat Milk 8oz	Low fat Milk 8oz
7	8	9	10	11-VETERANS DAY
Eggplant Omelet	Chamorro Tofu Steak	Stirfry Vegetables	Lentil Curry	
1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	HOLIDAY
1/2cup Cut Corn	1/2cup Cabbage Salad	1/2cup Green Beans	1/2cup Peas & Carrots	
1/2cup Canned Fruit	1/2cup Fresh Fruit	1pc Fresh Fruits	1/2cup Canned Fruit	
Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	
14	15	16	17	18
Squash Curry	Lemon Oregano Tofu	Tofu Steak w/ Onions	Pasta/Mushroom Sce	Lentil Curry
1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 pc Bread	1 cup Steamed Rice
1/2cup Mixed Vegetable	1/2cup Green beans	1/2 cup Broccoli	1/2cup Peas & Carrots	1/2cup Cauliflower
1pc Fresh Fruit	1/2cup Canned Fruit	1pc Fresh Fruit	1pc Fresh Fruit	1/2cup Canned Fruit
Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz
21	22	23	24	25
Pasta w/ Tomato sauce	Sauteed Mongo Beans	Sesame Garlic Tofu		Gr. Beans Tinaktak
1 pc Bread	1 cup Steamed Rice	1 cup Steamed Rice		1 cup Steamed Rice
1/2 cup Green Beans	1/2 c Cabbage	1/2cup Corns	Happy	1/2 cup Mixed Vegetable
1/2cup Canned Fruit	1pc Fresh Fruit	1/2cup Canned Fruit	Thanksgiving Day!	1/2cup Fresh Fruit
Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz		Low fat Milk 8oz
28	29	30		
Tofu w/ Oyster Sauce	Eggplant Cacciatore	Tofu Teriyaki		
1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice		
1/2cup Cauliflower	1/2cup Cut Corn	1/2 cup Mixed Vegetable		
1/2cup Canned Fruit	1pc Fresh Fruit	1pc Fresh Fruit		
Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz		

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