

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 SEPTEMBER 2022

MON	TUE	WED	THURS	FRI	SAT	SUN
			1	2	3	4
			Chicken Curry	Pork Estufao	Strifry Gr.Beef & Veg	Chicken Tinola
			1 cup Steamed Rice	1 cup Steamed Rice	1cup Steamed Rice	1 cup Steamed Rice
			1/2cup Green Beans	1/2 cup Cauliflower	1/2 cup Carrots	1/2 cup Cabbage
			1pc Fresh Fruit	1pc Fresh Fruit	1pc Fresh Fruit	1/2cup Canned Fruit
			Low fat Milk 8oz		Low fat Milk 8oz	Low fat Milk 8oz
5	6	7	8	9	10	11
	Pork Sinigang	Fish In White Sauce	Teriyaki Pork Loaf	Chicken Oyster Sauce	Pork Menudo	Chicken Pancit
LABOR DAY	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Mash Potato	1 cup Steamed Rice	1 cup Steamed Rice	1pc Bread
	1/2cup Green Beans	1/2cup Cabbage Salad	1/2cup Peas & Carrots	1/2cup Broccoli	1/2 cup Carrots	1/2 c Green Beans
	1/2cup Fresh Fruit	1pc Fresh Fruits	1/2cup Canned Fruit	1/2 cup 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
12	13	14	15	16	17	18
Baked Fish	Lemon Oregano Chicken	Glazed Ham /Pineapple	Sweet-Sticky Chicken	Ground Beef /Veg.	Chicken Estufao	Pork Kadu
1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
1/2cup Peas & Carrots	1/2cup Green beans	1/2 cup Broccoli	1/2cup Cauliflower	1/2cup Peas & Carrots	1/2cup Green Beans	1/2 c Cabbage
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
19	20	21	22	23	24	25
Spaghetti -Beef Tom Sce	Pork Steak w/ Onions	Oven BBQ Chicken	Ground Beef Picadillo	Fish Escabeche	Pork Menudo	Chicken Chopsuey
1 pc Bread	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
1/2 cup Green Peas	1/2cup Cauliflower	1/2cup Cut Corn	1/2 cup Green Peas	1/2cup Cabbage Salad	1/2cup Green beans	1/2 cup Carrots
1/2cup Canned Fruit	1pc Fresh Fruit	1/2cup Canned Fruit	1pc Fresh 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	Low fat Milk 8oz
26	27	28	29	30		
Pork w/ Kalbi Sce	Fish in Turmeric	Grd Beef w/Mushrm Sce	Sesame Garlic Chicken	Pork w/ Oyster Sauce		
1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice		
1/2 cup Green Peas	1/2cup Broccoli	1/2cup Peas & Carrots	1/2cup Corn	1/2cup Green beans		
1/2cup Canned Fruit	1/2cup Canned Fruit	1/2cup Canned Fruit	1/2cup Canned 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		

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

MON	TUE	WED	THURS	FRI	SAT	SUN
			1	2	3	4
			Potato/Beans Curry	Tofu Estufao	Strifry Vegetables	Veggie Tinola
			1 cup Steamed Rice	1 cup Steamed Rice	1cup Steamed Rice	1 cup Steamed Rice
			1/2cup Green Beans	1/2 cup Cauliflower	1/2 cup Carrots	1/2 cup Cabbage
			1pc Fresh Fruit	1pc Fresh Fruit	1pc Fresh Fruit	1/2cup Canned Fruit
			Low fat Milk 8oz		Low fat Milk 8oz	Low fat Milk 8oz
5	6	7	8	9	10	11
	Sauteed Mongo Beans	Mixed Veggie	Vegetable Patty	Tofu Oyster Sce	Mixed Beans Menudo	Vegetable Pancit
LABOR DAY	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Mash Potato	1 cup Steamed Rice	1 cup Steamed Rice	1 pc Bread
	1/2cup Green Beans	1/2cup Cabbage Salad	1/2cup Peas & Carrots	1/2cup Broccoli	1/2 cup Carrots	1/2 c Green Beans
	1/2cup Fresh Fruit	1pc Fresh Fruits	1/2cup Canned Fruit	1/2 cup 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
12	13	14	15	16	17	18
Tofu Steak	Squash Curry	Tofu Afritada	Vegetable Lasagna	Stirfy Vegetables	Tofu Estufao	Vegetable Kadu
1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 pc Bread	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
1/2cup Peas & Carrots	1/2cup Green beans	1/2 cup Broccoli	1/2cup Cauliflower	1/2cup Peas & Carrots	1/2cup Green Beans	1/2 c Cabbage
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
19	20	21	22	23	24	25
Spaghetti w/ Tomato S	Green Beans Tinaktak	Eggplant Steak w/ Onions	Mixed Beans Picadillo	Tofu Escabeche	Sauteed Mongo Beans	Vegetable Chopsuey
1 pc Bread	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
1/2 cup Green Peas	1/2cup Cauliflower	1/2cup Cut Corn	1/2 cup Green Peas	1/2cup Cabbage Salad	1/2cup Green beans	1/2 cup Carrots
1/2cup Canned Fruit	1pc Fresh Fruit	1/2cup Canned Fruit	1pc Fresh 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	Low fat Milk 8oz
26	27	28	29	30		
Tofu w/ Kalbi Sce	Pasta Carbonara	Tofu w/Mushroom Sce	Green Beans Adobo	Tofu w/ Oyster Sauce		
1 cup Steamed Rice	1 pc Bread	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice		
1/2 cup Green Peas	1/2cup Broccoli	1/2cup Peas & Carrots	1/2cup Corn	1/2cup Green beans		
1/2cup Canned Fruit	1/2cup Canned Fruit	1/2cup Canned Fruit	1/2cup Canned 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		

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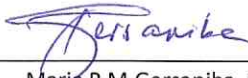
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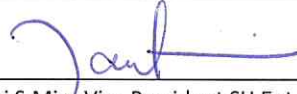
DSC-Elderly Nutrition Program: Lunch CONGREGATE Meals (C-1) for SEPTEMBER 2022

MON	TUE	WED	THURS	FRI
			1	2
			Chicken Curry	Pork Estufao
			1 cup Steamed Rice	1 cup Steamed Rice
			1/2cup Green Beans	1/2 cup Cauliflower
			1pc Fresh Fruit	1pc Fresh Fruit
			Low fat Milk 8oz	
5	6	7	8	9
	Pork Sinigang	Fish In White Sce	Teriyaki Pork Loaf	Chicken Oyster Sce
LABOR DAY	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Mash Potato	1 cup Steamed Rice
	1/2cup Green Beans	1/2cup Cabbage Salad	1/2cup Peas & Carrots	1/2cup Broccoli
	1/2cup Fresh Fruit	1pc Fresh Fruits	1/2cup Canned Fruit	1/2 cup Canned Fruit
	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz
12	13	14	15	16
Baked Fish	Lemon Oregano Chicken	Glazed Ham /Pineapple	Sweet-Sticky Chicken	Ground Beef /Vegetables
1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
1/2cup Peas & Carrots	1/2cup Green beans	1/2 cup Broccoli	1/2cup Cauliflower	1/2cup Peas & Carrots
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
19	20	21	22	23
Spaghetti -Beef Tom Sce	Pork Steak w/ Onions	Oven BBQ Chicken	Ground Beef Picadillo	Fish Escabeche
1 pc Bread	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
1/2 cup Green Peas	1/2cup Cauliflower	1/2cup Cut Corn	1/2 cup Green Peas	1/2cup Cabbage Salad
1/2cup Canned Fruit	1pc Fresh Fruit	1/2cup Canned Fruit	1pc Fresh Fruit	1/2cup Fresh Fruit
Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz
26	27	28	29	30
Pork w/ Kalbi Sce	Fish in Turmeric	Grd Beef w/Mushrm Sce	Sesame Garlic Chicken	Pork w/ Oyster Sauce
1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
1/2 cup Green Peas	1/2cup Broccoli	1/2cup Peas & Carrots	1/2cup Corn	1/2cup Green beans
1/2cup Canned Fruit	1/2cup Canned Fruit	1/2cup Canned Fruit	1/2cup Canned Fruit	1/2cup Canned Fruit
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MON	TUE	WED	THURS	FRI
			1	2
			Potato/Beans Curry	Tofu Estufao
			1 cup Steamed Rice	1 cup Steamed Rice
			1/2cup Green Beans	1/2 cup Cauliflower
			1pc Fresh Fruit	1pc Fresh Fruit
			Low fat Milk 8oz	Low fat Milk 8oz
5	6	7	8	9
	Sauteed Mongo Beans	Mixed Veggie	Vegetable Patty	Tofu Oyster Sce
LABOR DAY	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Mash Potato	1 cup Steamed Rice
	1/2cup Green Beans	1/2cup Cabbage Salad	1/2cup Peas & Carrots	1/2cup Broccoli
	1/2cup Fresh Fruit	1pc Fresh Fruits	1/2cup Canned Fruit	1/2 cup Canned Fruit
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12	13	14	15	16
Tofu Steak	Squash Curry	Tofu Afritada	Vegetable Lasagna	Stirfy Vegetables
1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 pc Bread	1 cup Steamed Rice
1/2cup Peas & Carrots	1/2cup Green beans	1/2 cup Broccoli	1/2cup Cauliflower	1/2cup Peas & Carrots
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Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz
19	20	21	22	23
Spaghetti w/ Tomato Sce	Green Beans Tinaktak	Eggplant Steak w/ Onions	Mixed Beans Picadillo	Tofu Escabeche
1 pc Bread	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
1/2 cup Green Peas	1/2cup Cauliflower	1/2cup Cut Corn	1/2 cup Green Peas	1/2cup Cabbage Salad
1/2cup Canned Fruit	1pc Fresh Fruit	1/2cup Canned Fruit	1pc Fresh Fruit	1/2cup Fresh Fruit
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26	27	28	29	30
Tofu w/ Kalbi Sce	Pasta Carbonara	Tofu w/Mushroom Sce	Green Beans Adobo	Tofu w/ Oyster Sauce
1 cup Steamed Rice	1 pc Bread	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
1/2 cup Green Peas	1/2cup Broccoli	1/2cup Peas & Carrots	1/2cup Corn	1/2cup Green beans
1/2cup Canned Fruit	1/2cup Canned Fruit	1/2cup Canned Fruit	1/2cup Canned Fruit	1/2cup Canned Fruit
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