

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 2020

MON	TUE	WED	THURS	FRI	SAT	SUN
Fish (8/31) 1 cup Steamed Rice 1/2 cup Green beans 1 serving Fruit Low fat Milk 8oz	1 Chicken w/ Mushrooms 1 cup Steamed Rice 1/2 cup Mixed Vegetables 1 serving Fruit Low fat Milk 8oz	2 Pork GUISADO w/ Tomato 1 cup Steamed Rice 1/2 cup Green beans 1 serving Fruit Low fat Milk 8oz	3 Beef SINGANG 1 cup Steamed Rice 1/2 cup Cabbage 1 serving Fruit Low fat Milk 8oz	4 Pork Menuudo 1 cup Steamed Rice 1/2 cup Green Peas 1 serving Fruit Low fat Milk 8oz	5 Stirry/Chicken 1 cup Steamed Rice 1/2 cup Carrots 1 serving Fruit Low fat Milk 8oz	6 Pork Teriyaki 1 cup Steamed Rice 1/2 cup Mixed Vegetables 1 serving Fruit Low fat Milk 8oz
LABOR DAY HOLIDAY						
Chicken SINGANG 1 cup Steamed Rice 1/2 cup Green beans 1 serving Fruit Low fat Milk 8oz	8 Beef Macaroni Pasta 1 pc dinner roll 1/2 cup Broccoli 1 serving Fruit Low fat Milk 8oz	9 Glazed Ham w/ Pineapple 1 cup Steamed Rice 1/2 cup Mixed Vegetables 1 serving Fruit Low fat Milk 8oz	10 Fish in White Sauce 1 cup Steamed Rice 1/2 cup Chamorro salad 1 serving Fruit Low fat Milk 8oz	11 Chicken Curry 1 cup Steamed Rice 1/2 cup Green beans 1 serving Fruit Low fat Milk 8oz	12 Pork Afritada 1 cup Steamed Rice 1/2 cup Carrots 1 serving Fruit Low fat Milk 8oz	13 Chicken Timola 1 cup Steamed Rice 1/2 cup Cabbage 1 serving Fruit Low fat Milk 8oz
14 Pork Asado 1 cup Steamed Rice 1/2 cup Mixed Vegetable 1 serving Fruit Low fat Milk 8oz	15 Fish Escabeche 1 cup Steamed Rice 1/2 cup Green Beans 1 serving Fruit Low fat Milk 8oz	16 Chicken in Oyster sauce 1 cup Steamed Rice 1/2 cup Chamorro salad 1 serving Fruit Low fat Milk 8oz	17 Spaghetti w/Beef/Tom Sc 1 pc dinner roll 1/2 cup Broccoli 1 serving Fruit Low fat Milk 8oz	18 Pork GUISADO w/Tomato 1 cup Steamed Rice 1/2 cup Green Beans 1 serving Fruit Low fat Milk 8oz	19 Ginger Chicken 1 cup Steamed Rice 1/2 cup Carrots 1 serving Fruit Low fat Milk 8oz	20 Pork Steak 1 cup Steamed Rice 1/2 cup Broccoli 1 serving Fruit Low fat Milk 8oz
21 Chicken Curry 1 cup Steamed Rice 1/2 cup Carrots 1 serving Fruit Low fat Milk 8oz	22 Pork Caldereta 1 cup Steamed Rice 1/2 cup Peas/Carrots 1 serving Fruit Low fat Milk 8oz	23 Fish Sariado 1 cup Steamed Rice 1/2 cup Mixed Vegetables 1 serving Fruit Low fat Milk 8oz	24 Chicken Kadu 1 cup Steamed Rice 1/2 cup Broccoli 1 serving Fruit Low fat Milk 8oz	25 Beef Steak w/ Onions 1 cup Steamed Rice 1/2 cup Green Beans 1 serving Fruit Low fat Milk 8oz	26 Chicken w/ Mushrooms 1 cup Steamed Rice 1/2 cup Carrots 1 serving Fruit Low fat Milk 8oz	27 Gr. Pork Picadillo 1 cup Steamed Rice 1/2 cup Mixed Vegetables 1 serving Fruit Low fat Milk 8oz
28 Beef Macaroni Pasta 1 pc Dinner Roll 1/2 cup Green Peas 1 serving Fruit Low fat Milk 8oz	29 Glazed Ham w/ Pineapple 1 cup Steamed Rice 1/2 cup Chamorro salad 1 serving Fruit Low fat Milk 8oz	30 Ginger Chicken 1 cup Steamed Rice 1/2 cup Broccoli 1 serving Fruit Low fat Milk 8oz				

Reviewed & Approved by: 

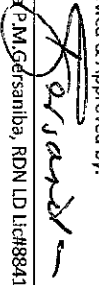
Maria R.M. Gersamba, RDN LD LIC#884140

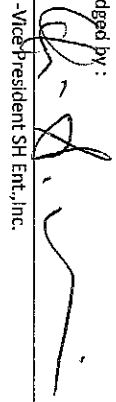
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Hui S. Mith - Vice President SH Ent., Inc.

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

MON	TUE	WED	THURS	FRI
Fish (8/31) 1 cup Steamed Rice 1/2 cup Mixed Vegetables 1 serving Fruit Low fat Milk 8oz	Chicken w/ Mushrooms 1 cup Steamed Rice 1/2 cup Mixed Vegetables 1 serving Fruit Low fat Milk 8oz	Pork Guisado w/ Tomato 1 cup Steamed Rice 1/2 cup Green beans 1 serving Fruit Low fat Milk 8oz	Beef Sinigang 1 cup Steamed Rice 1/2 cup Cabbage 1 serving Fruit Low fat Milk 8oz	Pork Menudo 1 cup Steamed Rice 1/2 cup Green Peas 1 serving Fruit Low fat Milk 8oz
7 LABOR DAY Holiday				
LABOR DAY				
Beef Macaroni Pasta 1 pc dinner roll 1/2 cup Broccoli 1 serving Fruit Low fat Milk 8oz	Beef Macaroni Pasta 1 pc dinner roll 1/2 cup Broccoli 1 serving Fruit Low fat Milk 8oz	Glazed Ham w/ Pineapple 1 cup Steamed Rice 1/2 cup Mixed Vegetables 1 serving Fruit Low fat Milk 8oz	Fish in White Sauce 1 cup Steamed Rice 1/2cup Chamorro salad 1 serving Fruit Low fat Milk 8oz	Chicken Curry 1 cup Steamed Rice 1/2 cup Green beans 1 serving Fruit Low fat Milk 8oz
14	15	16	17	18
Pork Asado 1 cup Steamed Rice 1/2 cup Mixed Vegetables 1 serving Fruit Low fat Milk 8oz	Fish Escabeche 1 cup Steamed Rice 1/2 cup Green Beans 1 serving Fruit Low fat Milk 8oz	Chicken in Oyster sauce 1 cup Steamed Rice 1/2cup Chamorro salad 1 serving Fruit Low fat Milk 8oz	Spaghetti w/ Beef/Tom Sca 1 pc dinner roll 1/2 cup Broccoli 1 serving Fruit Low fat Milk 8oz	Pork Guisado w/ Tomato 1 cup Steamed Rice 1/2cup Green Beans 1 serving Fruit Low fat Milk 8oz
21	22	23	24	25
Chicken Curry 1 cup Steamed Rice 1/2 cup Carrots 1 serving Fruit Low fat Milk 8oz	Pork Caldereta 1 cup Steamed Rice 1/2 cup Peas/Carrots 1 serving Fruit Low fat Milk 8oz	Fish Sardado 1 cup Steamed Rice 1/2 cup Mixed Vegetables 1 serving Fruit Low fat Milk 8oz	Chicken Curry 1 cup Steamed Rice 1/2 cup Cauliflower 1 serving Fruit Low fat Milk 8oz	Beef Steak w/ Onions 1 cup Steamed Rice 1/2cup Green Beans 1 serving Fruit Low fat Milk 8oz
28	29	30		
Beef Macaroni Pasta 1 pc dinner roll 1/2 cup Green Peas 1 serving Fruit Low fat Milk 8oz	Glazed Ham w/ Pineapple 1 cup Steamed Rice 1/2cup Chamorro salad 1 serving Fruit Low fat Milk 8oz	Ginger Chicken 1 cup Steamed Rice 1/2 cup Broccoli 1 serving Fruit Low fat Milk 8oz		


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MON	TUE	WED	THURS	FRI	SAT	SUN
	1	2	3	4	5	6
	Tofu w/ Mushrooms 1 cup Steamed Rice 1/2 cup Mixed Vegetable 1 serving Fruit Low fat Milk 8oz	Eggplant Guisado w/ Tomatoes 1 cup Steamed Rice 1 serving Fruit Low fat Milk 8oz	Veggie Siriangang 1 cup Steamed Rice 1/2 cup Cabbage 1 serving Fruit Low fat Milk 8oz	Kidney Beans Mennudo 1 cup Steamed Rice 1/2 cup Green Peas 1 serving Fruit Low fat Milk 8oz	Stirry Vegetables 1 cup Steamed Rice 1/2 cup Carrots 1 serving Fruit Low fat Milk 8oz	Tofu Teriyaki 1 cup Steamed Rice 1/2 cup Mixed Vegetables 1 serving Fruit Low fat Milk 8oz
	8	9	10	11	12	13
7 LABOR DAY Holiday	Veg-Macaroni Pasta 1 pc dinner roll 1/2 cup Broccoli 1 serving Fruit Low fat Milk 8oz	Mongo Beans Guisado 1 cup Steamed Rice 1/2 cup Mixed Vegetables 1 serving Fruit Low fat Milk 8oz	Tofu in White Sauce 1 cup Steamed Rice 1/2 cup Chamorro salad 1 serving Fruit Low fat Milk 8oz	Eggplant Curry 1 cup Steamed Rice 1/2 cup Green beans 1 serving Fruit Low fat Milk 8oz	Garbanzo Aritada 1 cup Steamed Rice 1/2 cup Carrots 1 serving Fruit Low fat Milk 8oz	Tofu w/ Mushrooms 1 cup Steamed Rice 1/2 cup Cabbage 1 serving Fruit Low fat Milk 8oz
14	15	16	17	18	19	20
Tofu Estufo 1 cup Steamed Rice 1/2 cup Mixed Vegetable 1 serving Fruit Low fat Milk 8oz	Mongo Beans Guisado 1 cup Steamed Rice 1/2 cup Green Beans 1 serving Fruit Low fat Milk 8oz	Eggplant in Oyster sauce 1 cup Steamed Rice 1/2 cup Chamorro salad 1 serving Fruit Low fat Milk 8oz	Spagheti w/Peas/Tom Scd 1 pc dinner roll 1/2 cup Broccoli 1 serving Fruit Low fat Milk 8oz	Eggplant Guisado w/ Tomatoes 1 cup Steamed Rice 1/2 cup Carrots 1 serving Fruit Low fat Milk 8oz	Stirry Vegetables 1 cup Steamed Rice 1/2 cup Carrots 1 serving Fruit Low fat Milk 8oz	Tofu Steak 1 cup Steamed Rice 1/2 cup Broccoli 1 serving Fruit Low fat Milk 8oz
21	22	23	24	25	26	27
Tofu w/ Curry Sce 1 cup Steamed Rice 1/2 cup Carrots 1 serving Fruit Low fat Milk 8oz	Beans Caldereta 1 cup Steamed Rice 1/2 cup Peas/Carrots 1 serving Fruit Low fat Milk 8oz	Tofu Sardado 1 cup Steamed Rice 1/2 cup Mixed Vegetables 1 serving Fruit Low fat Milk 8oz	Eggplant Curry 1 cup Steamed Rice 1/2 cup Cauliflower 1 serving Fruit Low fat Milk 8oz	Mongo Beans Guisado 1 cup Steamed Rice 1/2 cup Green Beans 1 serving Fruit Low fat Milk 8oz	Tofu w/ Mushrooms 1 cup Steamed Rice 1/2 cup Carrots 1 serving Fruit Low fat Milk 8oz	Veggie Picadillo 1 cup Steamed Rice 1/2 cup Mixed Vegetables 1 serving Fruit Low fat Milk 8oz
28	29	30				
Veg-Macaroni Pasta 1 pc dinner roll 1/2 cup Green Peas 1 serving Fruit Low fat Milk 8oz	Tofu in Oyster sauce 1 cup Steamed Rice 1/2 cup Chamorro salad 1 serving Fruit Low fat Milk 8oz	Kidney Beans Mennudo 1 cup Steamed Rice 1/2 cup Broccoli 1 serving Fruit Low fat Milk 8oz				

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 Marie P. M. Santsanba, RDN LD Lic#884140

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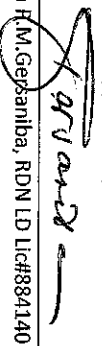
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MON	TUE	WED	THURS	FRI
	1	2	3	4
	Tofu w/ Mushrooms 1 cup Steamed Rice 1/2 cup Mixed Vegetables 1 serving Fruit Low fat Milk 8oz	Eggplant Guisado w/ Tomatoes 1 cup Steamed Rice 1 serving Fruit Low fat Milk 8oz	Veggie Shingang 1 cup Steamed Rice 1/2 cup Cabbage 1 serving Fruit Low fat Milk 8oz	Kidney Beans Menuido 1 cup Steamed Rice 1/2 cup Green Peas 1 serving Fruit Low fat Milk 8oz
7 LABOR DAY/Holiday	8	9	10	11
	Veggie Macaroni Pasta 1 pc dinner roll 1/2 cup Broccoli 1 serving Fruit Low fat Milk 8oz	Mango Beans Guisado 1 cup Steamed Rice 1/2 cup Mixed Vegetables 1 serving Fruit Low fat Milk 8oz	Tofu in White Sauce 1 cup Steamed Rice 1/2 cup Chamorro salad 1 serving Fruit Low fat Milk 8oz	Eggplant Curry 1 cup Steamed Rice 1/2 cup Green beans 1 serving Fruit Low fat Milk 8oz
14	15	16	17	18
	Tofu Estirao 1 cup Steamed Rice 1/2 cup Mixed Vegetables 1 serving Fruit Low fat Milk 8oz	Mango Beans Guisado 1 cup Steamed Rice 1/2 cup Chamorro salad 1 serving Fruit Low fat Milk 8oz	Spaghetti w/ Peas/Tom Sca 1 pc dinner roll 1/2 cup Broccoli 1 serving Fruit Low fat Milk 8oz	Eggplant Guisado w/ Tomatoes 1 cup Steamed Rice 1 serving Fruit Low fat Milk 8oz
21	22	23	24	25
	Tofu w/ Curry Sce 1 cup Steamed Rice 1/2 cup Carrots 1 serving Fruit Low fat Milk 8oz	Tofu Sarcido 1 cup Steamed Rice 1/2 cup Mixed Vegetables 1 serving Fruit Low fat Milk 8oz	Eggplant Curry 1 cup Steamed Rice 1/2 cup Cauliflower 1 serving Fruit Low fat Milk 8oz	Mango Beans Guisado 1 cup Steamed Rice 1/2 cup Green Beans 1 serving Fruit Low fat Milk 8oz
28	29	30		
	Veg-Macaroni Pasta 1 pc dinner roll 1/2 cup Green Peas 1 serving Fruit Low fat Milk 8oz	Tofu in Oyster sauce 1 cup Steamed Rice 1/2 cup Chamorro salad 1 serving Fruit Low fat Milk 8oz	Kidney Beans Menuido 1 cup Steamed Rice 1/2 cup Broccoli 1 serving Fruit Low fat Milk 8oz	

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