DSC-March 2023

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 CONGREGATE Meals (C-1) for MARCH 2023

MOM	TUE	WED	THURS	FRI
		1	2	ω
		Chicken Kadu	Beef Meatloaf w/ Gravy	Baked Fish w/Turmeric Sce.
		1 cup Steamed Rice	1 cup Mashed Potato	1 cup Steamed Rice
		1/2 c Cabbage	1/2 c Carrots	1/2 c Green Peas
		1pc or 1/2 cup Fruit	1pc or 1/2 cup Fruit	1pc or 1/2 cup Fruit
,		Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz
6	7	8	9	10
GOV.GUAM HOLIDAY	Chicken Stirfry	Pork Steak w/ Onions	Chicken w/BBQ Sauce	Fish w/Sov Ginger Sauce
GUAM HISTORY AND	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
CHAMORU HERITAGE DAY	1/2cup Cauliflower	1/2 cup Green Peas	1/2 cup Brocolli	1/2 cup Brocolli
	1pc or 1/2 cup Fruit	1pc or 1/2 cup Fruit	1pc or 1/2 cup Fruit	1pc or 1/2 cup Fruit
	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz
13	14	15	16	17
Sesame Garlic Chicken	Pork Kalbi	Chicken Sinigang	Beef Spaghetti Bolognese	Lemon Herb Fish
1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 pc Bread	1 cup Red Rice
1/2cup Carrots	1/2 cup Cut Corn	1/2 cup Cabbage	1/2 cup Peas & Carrots	1/2 c Cabbage
1pc or 1/2 cup Fruit	1pc or 1/2 cup Fruit	1pc or 1/2 cup Fruit	1pc or 1/2 cup Fruit	1pc or 1/2 cup Fruit
LOW TAT IVIIIK 80Z	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz
20	21	22	23	24
Baked Salmon w/ Sauce	Chicken Curry	Grd. Beef Tinaktak	Pork Afritada	Tuna Loaf w/ Veggies
1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 pc Bread
1/2 cup Brocolli	1/2 c Cauliflower	1/2 c Green Beans	1/2c Mixed Vegetable	1/2 cup Green Beans
tpc or 1/2 cup Fruit	1pc or 1/2 cup Fruit	1pc or 1/2 cup Fruit	1pc or 1/2 cup Fruit	1pc or 1/2 cup Fruit
LOW TAT IVIIK 80Z	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz
2/	28	29	30	31
sweet & sour Chicken	Ground Beef w/Oyster Sauce	Pork Caldereta	Lemon Oregano Chicken	Fish w/Turmeric Sauce
1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
1/2cup Green Beans	1/2 cup Green Peas	1/2 cup Carrots	1/2c Mixed Vegetable	1/2 cup Brocolli
1pc or 1/2 cup Fruit	1pc or 1/2 cup Fruit	1pc or 1/2 cup Fruit	1pc or 1/2 cup Fruit	1pc or 1/2 cup Fruit
LOW fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	low fat Milk 802

Reviewed & Approved by:_

(Mafia P.M.Gersaniba, RDN LD Lic#884140 * COONS

Acknowledged by:

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

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Lentil/Beans Loaf 1 cup Mashed Potato 1/2 c Carrots 1/2 cup Fruit 1 cow fat Milk 8oz 9 Onions 1 cup Steamed Rice 1/2 cup Brocolli 1 cup Steamed Rice 1/2 cup Brocolli 1 cup Steamed Rice 1/2 cup Fruit 1 cow fat Milk 8oz 16 Spaghetti Tomato Sce 1 cup Steamed Rice 1/2 cup Peas & Carrots 1 pc or 1/2 cup Fruit 1 cup Steamed Rice 1/2 cup Fruit 1 cup Steamed Rice 1/2 cup Steamed Rice 1/2 cup Fruit 1 cup Steamed 1/2 cup Fruit 1 cup Fruit 1 cup Steamed 1/2 cup Fruit 1 cup Steamed 1/2 cup Fruit 1 cup Steamed 1/2 cup Fruit 1 cup Steamed 1 cup Steamed 1 cup Steamed 1/2 cup Fruit 1 cup Steamed 1 cup Steamed 1 cup Steamed 1 cup Fruit 1 cup Steamed 1 cup Steamed 1 cup Fruit 1 cup Fruit 1 cup Steamed 1 cup Fruit 1 cup	MOM	TUE	WED	THURS	ERI
Veggie Kadu			1	2	ω
1 cup Steamed Rice 1/2 c Carbbage 1/2 c Carb Fruit Low fat Milk 80z 9 9			Veggie Kadu	Lentil/Beans Loaf	
1/2 c Cabbage 1/2 c Carrots 1/2 c Carrot			1 cup Steamed Rice	1 cup Mashed Potato	1 cup Steamed Rice
DAY Vegetable Stirfry Eggplant Steak w/ Onions Tofu w/BBQ Sce 1 cup Steamed Rice 1/2 cup Green Peas 1/2 cup Brocolli 1 pc or 1/2 cup Fruit 1/2 cup Fruit 1/2 cup Fruit 1 pc or 1/2 cup Fruit 1/2 cup Brocolli 1/2 cup Steamed Rice 1/2 cup Fruit 1/2 cup Steamed Rice 1/2 cup Fruit 1/2 cup Fruit 1/2 cup Steamed Rice 1/2 cup Fruit 1/2 cup Fru			1/2 c Cabbage	1/2 c Carrots	1/2 c Green Beans
DAY Vegetable Stirfty Eggplant Steak w/Onions Icow fat Milk 8oz Low fat Milk 8oz ND 1 cup Steamed Rice 1 cup Steamed Rice 1 cup Steamed Rice 1 cup Steamed Rice ND 1/2 cup Fruit 1 pc or 1/2 cup Fruit I pc or 1/2 cup Fruit 1 pc or 1/2 cup Fruit Ipiant 1 fofu w/ Kalbi Sce Eggplant Estufao 1 pc Bread 1 pc or 1/2 cup Fruit 1 pc Bread 1/2 cup Cut Corn 1/2 cup Brocolli 1/2 cup Pruit 1 pc or 1/2 cup Fruit 1 pc or 1/2 cup Fruit 1 pc or 1/2 cup Fruit Ibuty Fruit 1 pc or 1/2 cup Fruit t 1 pc or 1/2 cup Fruit t 1 pc or 1/2 cup Fruit t 1 pc			1pc or 1/2 cup Fruit	1pc or 1/2 cup Fruit	1pc or 1/2 cup Fruit
DAY Vegetable Stirfry Vegetable Stirfry Vegetable Stirfry I cup Steamed Rice VGE DAY 1/2 cup Steamed Rice I	ì		Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz
DDAY Vegetable Stirfry Eggplant Steak w/ Onions Tofu w/BBQ Sce ND 1 cup Steamed Rice 1 cup Steamed Rice 1 cup Steamed Rice 1 cup Steamed Rice 1/2 cup Green Peas 1/2 cup Brocolli 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 plant 1 cup Steamed Rice 1 pc Bread 1/2 cup Brocolli 1/2 cup Brocolli 1 pc or 1/2 cup Fruit 1 pc or 1/2 cup Fruit 1 pc or 1/2 cup Fruit 1 pc Bread 1/2 cup 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 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 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 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	6	7	8	9	10
AGE DAY 1/2 cup Steamed Rice 1/2 cup Fruit 1/3 cup Fruit 1/4 1/5 cup Fruit 1/4 1/5 cup Fruit 1/5 1/6 Plant 1/4 1/7 cup Fruit 1/5 1/7 cup Fruit 1/7 cup Steamed Rice 1/7 cup Fruit 1/7 cup Steamed Rice 1/7 cup Fruit 1/7 cup Steamed Rice 1/7 cup Fruit 1/7	GOV.GUAM HOLIDAY	Vegetable Stirfry	Eggplant Steak w/ Onions	Tofu w/BBQ Sce	Peas, Gr. Beans/SoyGinger Sce.
NGE DAY 1/2 cup Cauliflower 1/2 cup Green Peas 1/2 cup Brocolli 1pc or 1/2 cup Fruit 1ft 1pc or 1/2 cup Fruit 1pc	GUAM HISTORY AND	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Red Rice
1pc or 1/2 cup Fruit	CHAMORU HERITAGE DAY	1/2cup Cauliflower	1/2 cup Green Peas	1/2 cup Brocolli	1/2 cup Cut Corn
Low fat Milk 8oz Low fat Milk 8oz 14 15 16 plant Tofu w/ Kalbi Sce Eggplant Estufao 15 16 e 1 cup Steamed Rice 1 cup Steamed Rice 1/2 cup Brocolli 1/2 cup Fruit 1/2 cup Steamed Rice 1/2 cup Fruit 1/		1pc or 1/2 cup Fruit	1pc or 1/2 cup Fruit	1pc or 1/2 cup Fruit	1pc or 1/2 cup Fruit
plant Tofu w/ Kalbi Sce Eggplant Estufao Spaghetti Tomato Sce e 1 cup Steamed Rice 1 cup Steamed Rice 1/2 cup Cut Corn 1/2 cup Fruit 1pc or 1/2 cup Fruit 1p		Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz
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it 1/2 cup Cut Corn 1/2 cup Brocolli 1/2 cup Peas & Carrots 1pc or 1/2 cup Fruit 1pc or 1/2 c	1 cup steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 pc Bread	1 cup Steamed Rice
t 1pc or 1/2 cup Fruit 1pc or	1/2cup Carrots	1/2 cup Cut Corn	1/2 cup Brocolli	1/2 cup Peas & Carrots	1/2 c Cabbage
Low fat Milk 8oz Low fat Milk 8oz Low fat Milk 8oz	1pc or 1/2 cup Fruit	1pc or 1/2 cup Fruit	1pc or 1/2 cup Fruit	1pc or 1/2 cup Fruit	1pc or 1/2 cup Fruit
21 22 23 Cauli/Peas Curry Carrots Carrots Carrots Caurots Ca	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz
ey Cauli/Peas Curry Green Beans Tinaktak 1 cup Steamed Rice 1/2 c Corn 1/2 c Carrots 1/2 c Corn 1/2 c Carrots 1/2	20	21	22	23	24
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1/2 c Corn 1/2 c Corn 1/2 c Carrots 1/2 c Mik 8oz 1/2 c Miked Vegetable	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
t 1pc or 1/2 cup Fruit 1pc or	1/2 cup Brocolli	1/2 c Corn	1/2 c Carrots	1/2c Mixed Vegetable	1/2 c Cauliflower
Low fat Milk 8oz	1pc or 1/2 cup Fruit	1pc or 1/2 cup Fruit	1pc or 1/2 cup Fruit	1pc or 1/2 cup Fruit	1pc or 1/2 cup Fruit
Sauteed Mongo Beans Mixed Beans Caldereta Eggplant Teriyaki 1 cup Steamed Rice 1 cup Steamed Rice 1/2 cup Brocolli 1 pc or 1/2 cup Fruit 1pc or 1/2 cup Frui	LOW Tat Milk 802	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz
Sauteed Mongo Beans I cup Steamed Rice 1 cup Steamed Rice 1/2 cup Brocolli 1/2 cup Carrots 1/2 cup Fruit	2/	28	29	30	31
ice 1 cup Steamed Rice 1/2 cup Brocolli 1/2 cup Carrots 1/2 cup Fruit 1pc or 1/2	weet & Sour Lotu	Sauteed Mongo Beans	Mixed Beans Caldereta	Eggplant Teriyaki	Tofu /Oyster Sauce
2ans 1/2 cup Brocolli 1/2 cup Carrots 1/2 c Mixed Vegetable 1 pc or 1/2 cup Fruit 1pc or 1/2	L cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
ruit 1pc or 1/2 cup Fruit 1pc	L/2cup Green Beans	1/2 cup Brocolli	1/2 cup Carrots	1/2c Mixed Vegetable	1/2 cup Green Peas
Low fat Milk 8oz Low fat Milk 8oz Low fat Milk 8oz	Lpc or 1/2 cup Fruit	1pc or 1/2 cup Fruit	1pc or 1/2 cup Fruit	1pc or 1/2 cup Fruit	1pc or 1/2 cup Fruit
	-OW fat Milk 80z	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

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Acknowledged by:_

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

(June)