

DSC-March 2023

SH Enterprises, Inc.

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DSC-Elderly Nutrition Program: Lunch CONGREGATE Meals (C-1) for MARCH 2023

MON	TUE	WED	THURS	FRI
		1	2	3
		Chicken Kadu 1 cup Steamed Rice 1/2 c Cabbage 1pc or 1/2 cup Fruit Low fat Milk 8oz	Beef Meatloaf w/ Gravy 1 cup Mashed Potato 1/2 c Carrots 1pc or 1/2 cup Fruit Low fat Milk 8oz	Baked Fish w/Turmeric Sce. 1 cup Steamed Rice 1/2 c Green Peas 1pc or 1/2 cup Fruit Low fat Milk 8oz
6	7	8	9	10
GOV/GUAM HOLIDAY GUAM HISTORY AND CHAMORU HERITAGE DAY	Chicken Stirfry 1 cup Steamed Rice 1/2cup Cauliflower 1pc or 1/2 cup Fruit Low fat Milk 8oz	Pork Steak w/ Onions 1 cup Steamed Rice 1/2 cup Green Peas 1pc or 1/2 cup Fruit Low fat Milk 8oz	Chicken w/BBQ Sauce 1 cup Steamed Rice 1/2 cup Broccoli 1pc or 1/2 cup Fruit Low fat Milk 8oz	Fish w/Soy Ginger Sauce 1 cup Steamed Rice 1/2 cup Broccoli 1pc or 1/2 cup Fruit Low fat Milk 8oz
13	14	15	16	17
Sesame Garlic Chicken 1 cup Steamed Rice 1/2cup Carrots 1pc or 1/2 cup Fruit Low fat Milk 8oz	Pork Kalbi 1 cup Steamed Rice 1/2 cup Cut Corn 1pc or 1/2 cup Fruit Low fat Milk 8oz	Chicken Sinigang 1 cup Steamed Rice 1/2 cup Cabbage 1pc or 1/2 cup Fruit Low fat Milk 8oz	Beef Spaghetti Bolognese 1 pc Bread 1/2 cup Peas & Carrots 1pc or 1/2 cup Fruit Low fat Milk 8oz	Lemon Herb Fish 1 cup Red Rice 1/2 c Cabbage 1pc or 1/2 cup Fruit Low fat Milk 8oz
20	21	22	23	24
Baked Salmon w/ Sauce 1 cup Steamed Rice 1/2 cup Broccoli 1pc or 1/2 cup Fruit Low fat Milk 8oz	Chicken Curry 1 cup Steamed Rice 1/2 c Cauliflower 1pc or 1/2 cup Fruit Low fat Milk 8oz	Grd. Beef Tinaktak 1 cup Steamed Rice 1/2 c Green Beans 1pc or 1/2 cup Fruit Low fat Milk 8oz	Pork Afritada 1 cup Steamed Rice 1/2c Mixed Vegetable 1pc or 1/2 cup Fruit Low fat Milk 8oz	Tuna Loaf w/ Veggies 1 pc Bread 1/2 cup Green Beans 1pc or 1/2 cup Fruit Low fat Milk 8oz
27	28	29	30	31
Sweet & Sour Chicken 1 cup Steamed Rice 1/2cup Green Beans 1pc or 1/2 cup Fruit Low fat Milk 8oz	Ground Beef w/Oyster Sauce 1 cup Steamed Rice 1/2 cup Green Peas 1pc or 1/2 cup Fruit Low fat Milk 8oz	Pork Caldereta 1 cup Steamed Rice 1/2 cup Carrots 1pc or 1/2 cup Fruit Low fat Milk 8oz	Lemon Oregano Chicken 1 cup Steamed Rice 1/2c Mixed Vegetable 1pc or 1/2 cup Fruit Low fat Milk 8oz	Fish w/Turmeric Sauce 1 cup Steamed Rice 1/2 cup Broccoli 1pc or 1/2 cup Fruit 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-CONGREGATE Meals (C-1) for MARCH 2023 - Vegetarian

MON	TUE	WED	THURS	FRI
		1	2	3
		Veggie Kadu 1 cup Steamed Rice 1/2 c Cabbage 1pc or 1/2 cup Fruit Low fat Milk 8oz	Lentil/Beans Loaf 1 cup Mashed Potato 1/2 c Carrots 1pc or 1/2 cup Fruit Low fat Milk 8oz	Tofu Asado 1 cup Steamed Rice 1/2 c Green Beans 1pc or 1/2 cup Fruit Low fat Milk 8oz
6	7	8	9	10
GOV.GUAM HOLIDAY GUAM HISTORY AND CHAMORU HERITAGE DAY	Vegetable Stirfry 1 cup Steamed Rice 1/2cup Cauliflower 1pc or 1/2 cup Fruit Low fat Milk 8oz	Eggplant Steak w/ Onions 1 cup Steamed Rice 1/2 cup Green Peas 1pc or 1/2 cup Fruit Low fat Milk 8oz	Tofu w/BBQ Sce 1 cup Steamed Rice 1/2 cup Broccoli 1pc or 1/2 cup Fruit Low fat Milk 8oz	Peas,Gr.Beans/SoyGinger Sce. 1 cup Red Rice 1/2 cup Cut Corn 1pc or 1/2 cup Fruit Low fat Milk 8oz
13	14	15	16	17
Sesame Garlic Eggplant 1 cup Steamed Rice 1/2cup Carrots 1pc or 1/2 cup Fruit Low fat Milk 8oz	Tofu w/ Kalbi Sce 1 cup Steamed Rice 1/2 cup Cut Corn 1pc or 1/2 cup Fruit Low fat Milk 8oz	Eggplant Estufo 1 cup Steamed Rice 1/2 cup Broccoli 1pc or 1/2 cup Fruit Low fat Milk 8oz	Spaghetti Tomato Sce 1 pc Bread 1/2 cup Peas & Carrots 1pc or 1/2 cup Fruit Low fat Milk 8oz	Squash Curry 1 cup Steamed Rice 1/2 c Cabbage 1pc or 1/2 cup Fruit Low fat Milk 8oz
20	21	22	23	24
Vegetable Chopsuey 1 cup Steamed Rice 1/2 cup Broccoli 1pc or 1/2 cup Fruit Low fat Milk 8oz	Cauli/Peas Curry 1 cup Steamed Rice 1/2 c Corn 1pc or 1/2 cup Fruit Low fat Milk 8oz	Green Beans Tinaktak 1 cup Steamed Rice 1/2 c Carrots 1pc or 1/2 cup Fruit Low fat Milk 8oz	Squash Aritada 1 cup Steamed Rice 1/2c Mixed Vegetable 1pc or 1/2 cup Fruit Low fat Milk 8oz	Eggplant Teriyaki 1 cup Steamed Rice 1/2 c Cauliflower 1pc or 1/2 cup Fruit Low fat Milk 8oz
27	28	29	30	31
Sweet & Sour Tofu 1 cup Steamed Rice 1/2cup Green Beans 1pc or 1/2 cup Fruit Low fat Milk 8oz	Sauteed Mongo Beans 1 cup Steamed Rice 1/2 cup Broccoli 1pc or 1/2 cup Fruit Low fat Milk 8oz	Mixed Beans Caldereta 1 cup Steamed Rice 1/2 cup Carrots 1pc or 1/2 cup Fruit Low fat Milk 8oz	Eggplant Teriyaki 1 cup Steamed Rice 1/2c Mixed Vegetable 1pc or 1/2 cup Fruit Low fat Milk 8oz	Tofu /Oyster Sauce 1 cup Steamed Rice 1/2 cup Green Peas 1pc or 1/2 cup Fruit Low fat Milk 8oz

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