

**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-Home Delivered Meals (C-2) for MARCH 2023**

MON	TUE	WED	THURS	FRI	SAT	SUN
6 Ground Beef Picadillo 1 cup Steamed Rice 1/2cup Green Beans 1pc or 1/2 cup Fruit Low fat Milk 8oz	7 Chicken Stir Fry 1 cup Steamed Rice 1/2cup Cauliflower 1pc or 1/2 cup Fruit Low fat Milk 8oz	8 Pork Steak w/ Onions 1 cup Steamed Rice 1/2 cup Green Peas 1pc or 1/2 cup Fruit Low fat Milk 8oz	9 Chicken /BBQ Sauce 1 cup Steamed Rice 1/2 cup Cut Corn 1pc or 1/2 cup Fruit Low fat Milk 8oz	10 Fish w/Soy Ginger Sauce 1 cup Red Rice 1/2 cup Cut Corn 1pc or 1/2 cup Fruit Low fat Milk 8oz	11 Pork Sinigang 1 cup Steamed Rice 1/2 c Cabbage 1pc or 1/2 cup Fruit Low fat Milk 8oz	12 Grd. Beef Chopsuey 1 cup Steamed Rice 1/2 c Green Beans 1pc or 1/2 cup Fruit Low fat Milk 8oz
13 Sesame Garlic Chicken 1 cup Steamed Rice 1/2cup Carrots 1pc or 1/2 cup Fruit Low fat Milk 8oz	14 Pork Kalbi 1 cup Steamed Rice 1/2 cup Cut Corn 1pc or 1/2 cup Fruit Low fat Milk 8oz	15 Chicken Sinigang 1 cup Steamed Rice 1/2 cup Cabbage 1pc or 1/2 cup Fruit Low fat Milk 8oz	16 Beef Spaghetti Bolognese 1 pc Bread 1/2 cup Peas & Carrots 1pc or 1/2 cup Fruit Low fat Milk 8oz	17 Lemon Herb Fish 1 cup Red Rice 1/2 cup Broccoli 1pc or 1/2 cup Fruit Low fat Milk 8oz	18 Ground Beef Tinaktak 1 cup Steamed Rice 1/2 c Green Beans 1pc or 1/2 cup Fruit Low fat Milk 8oz	19 Pork Kadu 1 cup Steamed Rice 1/2 cup Carrots 1pc or 1/2 cup Fruit Low fat Milk 8oz
20 Baked Salmon w/ Sauce 1 cup Steamed Rice 1/2 cup Broccoli 1pc or 1/2 cup Fruit Low fat Milk 8oz	21 Chicken Curry 1 cup Steamed Rice 1/2 c Cauliflower 1pc or 1/2 cup Fruit Low fat Milk 8oz	22 Grd. Beef Tinaktak 1 cup Steamed Rice 1/2 c Green Beans 1pc or 1/2 cup Fruit Low fat Milk 8oz	23 Pork Afritada 1 cup Steamed Rice 1/2c Mixed Vegetable 1pc or 1/2 cup Fruit Low fat Milk 8oz	24 Tuna Loaf w/Veggies 1pc Bread 1/2cup Green Beans 1pc or 1/2 cup Fruit Low fat Milk 8oz	25 Chicken Teriyaki 1cup Steamed Rice 1/2 cup Cauliflower 1pc or 1/2 cup Fruit Low fat Milk 8oz	26 Grd. Beef w/ Veggies 1 cup Steamed Rice 1/2 c Cabbage 1pc or 1/2 cup Fruit Low fat Milk 8oz
27 Sweet & Sour Chicken 1 cup Steamed Rice 1/2cup Green Beans 1pc or 1/2 cup Fruit Low fat Milk 8oz	28 Ground Beef w/Oyster Sce 1 cup Steamed Rice 1/2 cup Green Peas 1pc or 1/2 cup Fruit Low fat Milk 8oz	29 Pork Caldereta 1 cup Steamed Rice 1/2 cup Carrots 1pc or 1/2 cup Fruit Low fat Milk 8oz	30 Lemon Organo Chicken 1 cup Steamed Rice 1/2c Mixed Vegetable 1pc or 1/2 cup Fruit Low fat Milk 8oz	31 Fish w/Tumeric 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.

**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-Home Delivered Meals (C-2) for MARCH 2023 - Vegetarian**

MON	TUE	WED	THURS	FRI	SAT	SUN
		1	2	3	4	5
		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 Washed 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	Squash Curry 1 cup Steamed Rice 1/2 c Green Peas 1pc or 1/2 cup Fruit Low fat Milk 8oz	Eggplant Estufao 1 cup Steamed Rice 1/2 c Mixed Veg. 1pc or 1/2 cup Fruit Low fat Milk 8oz
6	7	8	9	10	11	12
Mixed Beans Picadillo 1 cup Steamed Rice 1/2cup Green Beans 1pc or 1/2 cup Fruit Low fat Milk 8oz	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 Sauce 1 cup Steamed Rice 1/2 cup Broccoli 1pc or 1/2 cup Fruit Low fat Milk 8oz	Peas & Gr.Beans/soy/Ginger 1 cup Red Rice 1/2 cup Cut Corn 1pc or 1/2 cup Fruit Low fat Milk 8oz	Mixed Veg Sinigang 1 cup Steamed Rice 1/2 c Cabbage 1pc or 1/2 cup Fruit Low fat Milk 8oz	Vegetable Chopsuey 1 cup Steamed Rice 1/2 c Green Beans 1pc or 1/2 cup Fruit Low fat Milk 8oz
13	14	15	16	17	18	19
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 Estufao 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	Green Beans Tinaktak 1 cup Steamed Rice 1/2 c Carrots 1pc or 1/2 cup Fruit Low fat Milk 8oz	Veggie Kadu 1 cup Steamed Rice 1/2 cup Carrots 1pc or 1/2 cup Fruit Low fat Milk 8oz
20	21	22	23	24	25	26
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	Sauteed Mongo Beans 1pc Bread 1/2 c Cauliflower 1pc or 1/2 cup Fruit Low fat Milk 8oz	Stirfry Vegetables 1 cup Steamed Rice 1/2 c Cabbage 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		

Reviewed & Approved by:   
 Maria P.M. Gersantiba, RDN LD Lic#884140

Acknowledged by:   
 Hui S. Min -Vice President SH Ent., Inc.