

SH Enterprises, Inc.

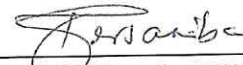
Mailing Address : P.O.Box 9730 Tamuning, Guam 96931

Tel: 649-9716 / 649-9727 Fax: 649-0523 Email: shdsc2019@yahoo.com

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


MON	TUE	WED	THURS	FRI	SAT	SUN
				1	2	3
				Pork Chopsuey 1 cup Steamed Rice 1/2 c Green Beans 1 serving Fruit Low fat Milk 8oz	Chicken Cacciatore 1 cup Steamed Rice 1/2 c Green Peas 1 serving Fruit Low fat Milk 8oz	Pork Adobo 1 cup Steamed Rice 1/2 c Carrots 1 serving Fruit Low fat Milk 8oz
4 - HOLIDAY	5	6	7	8	9	10
<b>INDEPENDENCE DAY</b>	Ground Beef w/ Oyster Sauce 1 cup Steamed Rice 1/2cup Cauliflower 1 serving Fruit Low fat Milk 8oz	Chicken Kadu 1 cup Steamed Rice 1/2 c Cabbage 1 serving Fruit Low fat Milk 8oz	Glazed Ham/Pineapple 1 cup Steamed Rice 1/2 c Broccoli 1 serving Fruit Low fat Milk 8oz	Baked Fish /White Sauce 1 cup Steamed Rice 1/2cup Peas & Carrots 1 serving Fruit Low fat Milk 8oz	Pork Sinigang 1 cup Steamed Rice 1/2 cup Cabbage 1 serving Fruit Low fat Milk 8oz	Chicken Chalakiles 1 cup Steamed Rice 1/2 c Green Beans 1 serving Fruit Low fat Milk 8oz
11	12	13	14	15	16	17
Pork w/ Kalbi Sauce 1 cup Steamed Rice 1/2cup Carrots 1 serving Fruit Low fat Milk 8oz	Fish Escabeche 1 cup Steamed Rice 1/2 cup Mixed Vegetable 1 serving Fruit Low fat Milk 8oz	Ground Beef Stew 1 cup Steamed Rice 1/2 cup Green Beans 1 serving Fruit Low fat Milk 8oz	Oven BBQ Chicken 1 cup Steamed Rice 1/2cup Cut Corn 1 serving Fruit Low fat Milk 8oz	Sweet & Sour Pork 1 cup Steamed Rice 1/2cup Carrots 1 serving Fruit Low fat Milk 8oz	Chicken Curry 1 cup Steamed Rice 1/2cup Green Peas 1 serving Fruit Low fat Milk 8oz	Pork Kadu 1 cup Steamed Rice 1/2 c Cabbage 1 serving Fruit Low fat Milk 8oz
18	19	20	21	22	23	24
Chicken Menudo 1 cup Steamed Rice 1/2 cup Green Beans 1 serving Fruit Low fat Milk 8oz	Baked Ham 1 cup Steamed Rice 1/2 c Broccoli 1 serving Fruit Low fat Milk 8oz	Fish Sariado(Diced Tomato) 1 cup Steamed Rice 1/2 cup Mixed Vegetables 1 serving Fruit Low fat Milk 8oz	Liberation Day	Sesame Garlic Chicken 1 cup Steamed Rice 1/2cup Cut Corn 1 serving Fruit Low fat Milk 8oz	Pork Pancit 1 pc Bread 1/2cup Cabbage 1 serving Fruit Low fat Milk 8oz	Chicken Afritada 1 cup Steamed Rice 1/2 cup Cauliflower 1 serving Fruit Low fat Milk 8oz
25	26	27	28	29	30	31
Spaaghetti Bolognese 1 pc Bread 1/2cup Green Peas 1 serving Fruit Low fat Milk 8oz	Chicken Ginger Tinola 1 cup Steamed Rice 1/2 cup Cabbage 1 serving Fruit Low fat Milk 8oz	Pork Steak w/ Onions 1 cup Steamed Rice 1/2cup Cauliflower 1 serving Fruit Low fat Milk 8oz	Baked Fish w/ Tartar Sce. 1 cup Steamed Rice 1/2 cup Broccoli 1 serving Fruit Low fat Milk 8oz	Pork Teriyaki 1 cup Steamed Rice 1/2 c Green Beans 1 serving Fruit Low fat Milk 8oz	Chicken Curry 1 cup Steamed Rice 1/2 c Cauliflower 1 serving Fruit Low fat Milk 8oz	Pork Kadu 1 cup Steamed Rice 1/2 c Cabbage 1 serving 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.

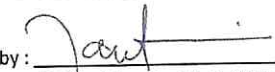
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**DSC-Elderly Nutrition Program: Lunch CONGREGATE Meals (C-1) for JULY 2022**

MON	TUE	WED	THURS	FRI
				1
				<b>Pork Chopsuey</b> 1 cup Steamed Rice 1/2 c Green Beans 1 serving Fruit Low fat Milk 8oz
4 - HOLIDAY	5	6	7	8
<b>INDEPENDENCE DAY</b>	<b>Ground Beef w/ Oyster Sauce</b> 1 cup Steamed Rice 1/2cup Cauliflower 1 serving Fruit Low fat Milk 8oz	<b>Chicken Kadu</b> 1 cup Steamed Rice 1/2 c Cabbage 1 serving Fruit Low fat Milk 8oz	<b>Glazed Ham/Pineapple</b> 1 cup Steamed Rice 1/2 c Broccoli 1 serving Fruit Low fat Milk 8oz	<b>Baked Fish /White Sauce</b> 1 cup Steamed Rice 1/2cup Peas & Carrots 1 serving Fruit Low fat Milk 8oz
11	12	13	14	15
<b>Pork Kalbi</b> 1 cup Steamed Rice 1/2cup Carrots 1 serving Fruit Low fat Milk 8oz	<b>Fish Escabeche</b> 1 cup Steamed Rice 1/2 cup Mixed Vegetable 1 serving Fruit Low fat Milk 8oz	<b>Ground Beef Stew</b> 1 cup Steamed Rice 1/2 cup Green Beans 1 serving Fruit Low fat Milk 8oz	<b>Oven BBQ Chicken</b> 1 cup Steamed Rice 1/2cup Cut Corn 1 serving Fruit Low fat Milk 8oz	<b>Sweet &amp; Sour Pork</b> 1 cup Steamed Rice 1/2cup Carrots 1 serving Fruit Low fat Milk 8oz
18	19	20	21	22
<b>Chicken Menudo</b> 1 cup Steamed Rice 1/2 cup Green Beans 1 serving Fruit Low fat Milk 8oz	<b>Baked Ham</b> 1 cup Steamed Rice 1/2 c Broccoli 1 serving Fruit Low fat Milk 8oz	<b>Fish Sarciado(Diced Tomato)</b> 1 cup Steamed Rice 1/2 cup Mixed Vegetables 1 serving Fruit Low fat Milk 8oz	<b>Liberation Day</b>	<b>Sesame Garlic Chicken</b> 1 cup Steamed Rice 1/2cup Cut Corn 1 serving Fruit Low fat Milk 8oz
25	26	27	28	29
<b>Spaagheti Bolognese</b> 1 pc Bread 1/2cup Green Peas 1 serving Fruit Low fat Milk 8oz	<b>Chicken Ginger Tinola</b> 1 cup Steamed Rice 1/2 cup Cabbage 1 serving Fruit Low fat Milk 8oz	<b>Pork Steak w/ Onions</b> 1 cup Steamed Rice 1/2cup Cauliflower 1 serving Fruit Low fat Milk 8oz	<b>Baked Fish w/ Tartar Sauce</b> 1 cup Steamed Rice 1/2 cup Broccoli 1 serving Fruit Low fat Milk 8oz	<b>Pork Teriyaki</b> 1 cup Steamed Rice 1/2 c Green Beans 1 serving Fruit Low fat Milk 8oz

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**DSC-Elderly Nutrition Program: Lunch-Home Delivered Meals (C-2) for JULY 2022- VEGETARIAN**

MON	TUE	WED	THURS	FRI	SAT	SUN
				1	2	3
				Vegetable Chopsuey 1 cup Steamed Rice 1/2 c Green Beans 1 serving Fruit Low fat Milk 8oz	Tofu Cacciatore 1 cup Steamed Rice 1/2 c Green Peas 1 serving Fruit Low fat Milk 8oz	Eggplant Adobo 1 cup Steamed Rice 1/2 c Carrots 1 serving Fruit Low fat Milk 8oz
4 - HOLIDAY	5	6	7	8	9	10
<b>INDEPENDENCE DAY</b>	<b>Tofu w/ Oyster Sauce</b> 1 cup Steamed Rice 1/2cup Cauliflower 1 serving Fruit Low fat Milk 8oz	<b>Potato/Vegetable Kadu</b> 1 cup Steamed Rice 1/2 c Cabbage 1 serving Fruit Low fat Milk 8oz	<b>Sauteed Mongo Beans</b> 1 cup Steamed Rice 1/2 c Broccoli 1 serving Fruit Low fat Milk 8oz	<b>Baked Tofu /White Sauce</b> 1 cup Steamed Rice 1/2cup Peas & Carrots 1 serving Fruit Low fat Milk 8oz	<b>Veggie Sinigang</b> 1 cup Steamed Rice 1/2 cup Cabbage 1 serving Fruit Low fat Milk 8oz	<b>Squash Chalakiles</b> 1 cup Steamed Rice 1/2 c Green Beans 1 serving Fruit Low fat Milk 8oz
11	12	13	14	15	16	17
<b>Eggplant w/ Kalbi Sauce</b> 1 cup Steamed Rice 1/2cup Carrots 1 serving Fruit Low fat Milk 8oz	<b>Tofu with Escabeche Sauce</b> 1 cup Steamed Rice 1/2 cup Mixed Vegetable 1 serving Fruit Low fat Milk 8oz	<b>Mixed Beans Stew</b> 1 cup Steamed Rice 1/2 cup Green Beans 1 serving Fruit Low fat Milk 8oz	<b>Oven BBQ Squash</b> 1 cup Steamed Rice 1/2cup Cut Corn 1 serving Fruit Low fat Milk 8oz	<b>Sweet &amp; Sour Tofu</b> 1 cup Steamed Rice 1/2cup Carrots 1 serving Fruit Low fat Milk 8oz	<b>Vegetable Curry</b> 1 cup Steamed Rice 1/2cup Green Peas 1 serving Fruit Low fat Milk 8oz	<b>Sauteed Mongo Beans</b> 1 cup Steamed Rice 1/2 c Cabbage 1 serving Fruit Low fat Milk 8oz
18	19	20	21	22	23	24
<b>Kidney Beans Menudo</b> 1 cup Steamed Rice 1/2 cup Green Beans 1 serving Fruit Low fat Milk 8oz	<b>Baked Pasta Carbonara</b> 1 pc Bread 1/2 c Broccoli 1 serving Fruit Low fat Milk 8oz	<b>Tofu Sarciado(Diced Tomato)</b> 1 cup Steamed Rice 1/2 cup Mixed Vegetables 1 serving Fruit Low fat Milk 8oz	<i>Liberation Day</i>	<b>Sesame Garlic Tofu</b> 1 cup Steamed Rice 1/2cup Cut Corn 1 serving Fruit Low fat Milk 8oz	<b>Vegetable Pancit</b> 1 pc Bread 1/2cup Cabbage 1 serving Fruit Low fat Milk 8oz	<b>Squash Afritada</b> 1 cup Steamed Rice 1/2 cup Cauliflower 1 serving Fruit Low fat Milk 8oz
25	26	27	28	29	30	31
<b>Spaghetti w/ Tomato sauce</b> 1 pc Bread 1/2cup Green Peas 1 serving Fruit Low fat Milk 8oz	<b>Vegetable Tinola</b> 1 cup Steamed Rice 1/2 cup Cabbage 1 serving Fruit Low fat Milk 8oz	<b>Tofu Steak w/ Onions</b> 1 cup Steamed Rice 1/2cup Cauliflower 1 serving Fruit Low fat Milk 8oz	<b>Baked Squash w/ Tartar Sauce</b> 1 cup Steamed Rice 1/2 cup Broccoli 1 serving Fruit Low fat Milk 8oz	<b>Tofu Teriyaki</b> 1 cup Steamed Rice 1/2 c Green Beans 1 serving Fruit Low fat Milk 8oz	<b>Vegetable Curry</b> 1 cup Steamed Rice 1/2 c Cauliflower 1 serving Fruit Low fat Milk 8oz	<b>Potato/Vegetable Kadu</b> 1 cup Steamed Rice 1/2 c Cabbage 1 serving Fruit Low fat Milk 8oz

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**DSC-Elderly Nutrition Program: Lunch-CONGREGATE Meals (C-1) for JULY 2022 Vegetarian**

MON	TUE	WED	THURS	FRI
				1 Vegetable Chopsuey 1 cup Steamed Rice 1/2 c Green Beans 1 serving Fruit Low fat Milk 8oz
4 - HOLIDAY	5	6	7	8
<b>INDEPENDENCE DAY</b>	<b>Tofu w/ Oyster Sauce</b> 1 cup Steamed Rice 1/2cup Cauliflower 1 serving Fruit Low fat Milk 8oz	<b>Potato/Vegetable Kadu</b> 1 cup Steamed Rice 1/2 c Cabbage 1 serving Fruit Low fat Milk 8oz	<b>Sauteed Mongo Beans</b> 1 cup Steamed Rice 1/2 c Broccoli 1 serving Fruit Low fat Milk 8oz	<b>Baked Tofu /White Sauce</b> 1 cup Steamed Rice 1/2cup Peas & Carrots 1 serving Fruit Low fat Milk 8oz
11	12	13	14	15
<b>Eggplant w/ Kalbi Sauce</b> 1 cup Steamed Rice 1/2cup Carrots 1 serving Fruit Low fat Milk 8oz	<b>Tofu with Escabeche Sauce</b> 1 cup Steamed Rice 1/2 cup Mixed Vegetable 1 serving Fruit Low fat Milk 8oz	<b>Mixed Beans Stew</b> 1 cup Steamed Rice 1/2 cup Green Beans 1 serving Fruit Low fat Milk 8oz	<b>Oven BBQ Squash</b> 1 cup Steamed Rice 1/2cup Cut Corn 1 serving Fruit Low fat Milk 8oz	<b>Sweet &amp; Sour Tofu</b> 1 cup Steamed Rice 1/2cup Carrots 1 serving Fruit Low fat Milk 8oz
18	19	20	21	22
<b>Kidney Beans Menudo</b> 1 cup Steamed Rice 1/2 cup Green Beans 1 serving Fruit Low fat Milk 8oz	<b>Baked Pasta Carbonara</b> 1 pc Bread 1/2 c Broccoli 1 serving Fruit Low fat Milk 8oz	<b>Tofu Sarciado(Diced Tomato)</b> 1 cup Steamed Rice 1/2 cup Mixed Vegetables 1 serving Fruit Low fat Milk 8oz	<i>Liberation Day</i>	<b>Sesame Garlic Tofu</b> 1 cup Steamed Rice 1/2cup Cut Corn 1 serving Fruit Low fat Milk 8oz
25	26	27	28	29
<b>Spaghetti w/ Tomato sauce</b> 1 pc Bread 1/2cup Green Peas 1 serving Fruit Low fat Milk 8oz	<b>Vegetable Tinola</b> 1 cup Steamed Rice 1/2 cup Cabbage 1 serving Fruit Low fat Milk 8oz	<b>Tofu Steak w/ Onions</b> 1 cup Steamed Rice 1/2cup Cauliflower 1 serving Fruit Low fat Milk 8oz	<b>Baked Squash w/ Tartar Sauce</b> 1 cup Steamed Rice 1/2 cup Broccoli 1 serving Fruit Low fat Milk 8oz	<b>Tofu Teriyaki</b> 1 cup Steamed Rice 1/2 c Green Beans 1 serving Fruit Low fat Milk 8oz

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