Nutritional Information $6.00 Pick-up / $8.00 Delivered

Sister's Home Style Entrees

www.sistersentrees.com 1-515-332-1928

January, February & March 2020 – Extras NOT Included

All menu items are subject to change

Meals have additional snacks and condiments as noted on menu that may be added to meet required nutrient guidelines. These additional items can be eaten in conjunction with our meals or used as snacks or additions to other meals enjoyed in your home. Nutritional information for extras is listed on back page

1. **Baked Potato Soup, Green Beans**

   Creamy homestyle loaded potato soup to warm you up.

   Nutritional Information: Calories - 380, Total Fat - 19g, Cholesterol - 65mg, Sodium – 1010mg, Total Carbs - 35g, Dietary Fiber - 5g, Protein - 12g

2. **Roast Beef w/ Gravy, Mashed Potatoes, Corn**

   All-time favorite roast beef, mashed potatoes, and delicious gravy

   Nutritional Information: Calories - 420, Total Fat - 7g, Cholesterol - 75mg, Sodium – 1360mg, Total Carbs – 47g, Dietary Fiber - 2g, Protein - 38g

3. **Chicken w/ Country Gravy, Mashed Potatoes, Corn**

   Breaded chicken breast topped with flavorful country gravy.

   Nutritional Information: Calories - 460, Total Fat - 7g, Cholesterol - 50mg, Sodium – 1190 mg, Total Carbs – 55 g, Dietary Fiber - 2 g, Protein - 20g

4. **Porcupine Meatballs, Mashed Potatoes, Southwest Vegetables**

   Seasoned beef meatballs mixed with rice and onion braised in tomato sauce.

   Nutritional Information: Calories - 560, Total Fat - 18g, Cholesterol - 125mg, Sodium – 1080mg, Total Carbs – 57g, Dietary Fiber - 8g, Protein - 37g

5. **Beef & Noodles, Asparagus**

   Tender beef and a flavorful gravy over noodles.

   Nutritional Information: Calories -300, Total Fat - 3g, Cholesterol - 40mg, Sodium – 710mg, Total Carbs – 39g, Dietary Fiber - 2g, Protein - 24g

6. **Lasagna, Mixed Vegetables**

   My son loves this dish, layers and layers of meat sauce and cheese

   Nutritional Information: Calories - 450, Total Fat - 14g, Cholesterol - 45mg, Sodium – 980mg, Total Carbs – 47g, Dietary Fiber - 6g, Protein - 32g

7. **Tuna Noodle Casserole, Peas**

Tuna and pasta in a creamy sauce.

Nutritional Information: Calories - 380, Total Fat - 5g, Cholesterol - 10mg, Sodium – 870mg, Total Carbs – 57g, Dietary Fiber - 9g, Protein - 20g

8. **Crab Alfredo, Broccoli**

Simple and delicious!

Nutritional Information: Calories -400, Total Fat -13 g, Cholesterol - 45mg, Sodium – 950mg, Total Carbs – 49g, Dietary Fiber - 4g, Protein - 16g

9. **Swiss Steak, Mashed Potatoes, Carrots**

Round steak braised in stock with onion, green peppers, and tomatoes

Nutritional Information: Calories - 290, Total Fat – 4.5g, Cholesterol - 45mg, Sodium – 810mg, Total Carbs – 33g, Dietary Fiber - 4g, Protein - 28g

10. **Pork Loin, Red Skin Mashed Potatoes, Carrots**

Pork loin roasted to perfection!

Nutritional Information: Calories - 340, Total Fat - 17g, Cholesterol - 70mg, Sodium – 710mg, Total Carbs – 20g, Dietary Fiber - 3g, Protein - 25g

11. **Glazed Ham, Seasoned Red Potatoes, Peas & Carrots**

Sliced ham with a sweet glaze that everyone will love.

Nutritional Information: Calories - 340, Total Fat - 11g, Cholesterol - 45 mg, Sodium – 1370 mg, Total Carbs – 52g, Dietary Fiber - 4g, Protein - 17g

12. **Cowboy Casserole, Fiesta Rice, Southwest Vegetables**

Southwest style casserole full of flavor.

Nutritional Information: Calories - 380, Total Fat - 14g, Cholesterol - 25mg, Sodium – 1010mg, Total Carbs – 45g, Dietary Fiber - 9g, Protein - 20g

13. **Smothered Chicken, Seasoned Potato Cubes, Green Beans**

Chicken topped with bacon, caramelized onions, and cheese.

Nutritional Information: Calories - 320, Total Fat - 12g, Cholesterol - 55mg, Sodium – 730 mg, Total Carbs – 32 g, Dietary Fiber - 5 g, Protein - 23g

14. **Turkey Pot Roast, Red Potatoes, Mixed Vegetables**

Old fashioned juicy pot roast.

Nutritional Information: Calories - 230, Total Fat - 6g, Cholesterol - 80mg, Sodium – 650mg, Total Carbs – 24g, Dietary Fiber - 3g, Protein - 23g

15. **BBQ Meatballs, Red Potatoes, Peas & Carrots**

Meatballs tossed in tangy barbecue sauce.

Nutritional Information: Calories - 370, Total Fat – 16g, Cholesterol - 70mg, Sodium – 650mg, Total Carbs – 34g, Dietary Fiber - 5g, Protein - 21g

16. **Chicken Cordon Bleu, Sweet Potato Fries**

Chicken, ham and swiss work together great to make this tasty dish,

Nutritional Information: Calories - 310, Total Fat - 15g, Cholesterol - 80mg, Sodium – 1000mg, Total Carbs – 18 g, Dietary Fiber - 3 g, Protein - 25g

17. **Breaded Chicken Patty, Sweet Potato Cubes**

Chicken patty topped with sliced cheese.

Nutritional Information: Calories - 390, Total Fat - 21g, Cholesterol - 50mg, Sodium – 710mg, Total Carbs – 31g, Dietary Fiber - 2g, Protein - 16g

18. **Breakfast Sandwich, Breakfast Potatoes**

Sausage, egg and cheese on flatbread.

Nutritional Information: Calories - 670, Total Fat - 40 g, Cholesterol - 170 mg, Sodium – 1170 mg, Total Carbs – 54 g, Dietary Fiber - 5 g, Protein - 23 g

19. **Buttermilk Waffles, Scrambled Eggs, Sausage Links, Syrup**

A great way to start your day!

Nutritional Information: Calories -550, Total Fat - 31 g, Cholesterol - 275 mg, Sodium – 1080 mg, Total Carbs – 52 g, Dietary Fiber - 1 g, Protein - 17 g

20. **Maple Flavored Sausage Corn Dog, Scrambled Eggs, Syrup**

Sausage link wrapped in a maple flavored pancake.

Nutritional Information: Calories - 490, Total Fat - 26 g, Cholesterol - 275 mg, Sodium – 990 mg, Total Carbs – 49 g, Dietary Fiber - 0 g, Protein - 18 g

Dinner Roll

Nutritional Information: Calories-100, Total Fat-2g, Cholesterol-0mg, Sodium-130 mg, Total Carbs-18 g, Dietary Fiber-1g, Protein-3g

Butter

Nutritional Information: Calories-70, Total Fat-8g, Cholesterol- 20mg, Sodium- 70mg, Total Carbs- 0 g, Dietary Fiber- 0g, Protein-0g

Juice (All Varieties)

Nutritional Information: Calories-60, Total Fat-0g, Cholesterol- 0mg, Sodium- 15mg, Total Carbs-~15g, Dietary Fiber- 0g, Protein-1g

Fruit Cups (All Varieties)

Nutritional Information: Calories-50, Total Fat-0g, Cholesterol- 0mg, Sodium- 10mg, Total Carbs- 13g, Dietary Fiber- 1g, Protein-0g

Raisins

Nutritional Information: Calories-120, Total Fat-0g, Cholesterol- 0mg, Sodium- 7mg, Total Carbs- 29g, Dietary Fiber- 2g, Protein-1g

Snack Bar

Nutritional Information: Calories-150, Total Fat-3.5g, Cholesterol- 0mg, Sodium- 70mg, Total Carbs- 27g, Dietary Fiber- 2g, Protein-2g

String Cheese

Nutritional Information: Calories-80, Total Fat-6g, Cholesterol- 15mg, Sodium- 210mg, Total Carbs-1g, Dietary Fiber-0g, Protein-7g

Peanut Butter

Nutritional Information: Calories-120, Total Fat-10g, Cholesterol- 0mg, Sodium- 90mg, Total Carbs- 5g, Dietary Fiber- 1g, Protein-4g

Saltine Crackers

Nutritional Information: Calories-25, Total Fat-.5g, Cholesterol- 0mg, Sodium-90mg, Total Carbs-5g, Dietary Fiber-1g, Protein-1g

Cereal Bar

Nutritional Information: Calories-150, Total Fat-3.5g, Cholesterol- 0mg, Sodium- 95mg, Total Carbs- 30g, Dietary Fiber- 3g, Protein- 2g

******Nutrition content for items listed above are not included in totals provided for meals******

January, February, March 2020 – Meal Sides

1. Baked Potato Soup, Green Beans, **Crackers, Snack Bar, Butter**

2. Roast Beef, Mashed Potatoes, Corn, **Roll, Peanut Butter**

3. Chicken and Country Gravy, Mashed Potatoes, Corn, **Roll, Butter**

4. Porcupine Meatballs, Mashed Potatoes, Southwest Vegetables, **Roll**

5. Beef & Noodles, Asparagus, **Roll, Peanut Butter, Raisins**

6. Lasagna, Mixed Vegetables, **String Cheese, Raisins**

7. Tuna Noodle Casserole, Peas, **Roll, Peanut Butter**

8. Crab Alfredo, Broccoli, **Cereal Bar, Fruit, Juice**

9. Swiss Steak, Mashed Potatoes, Carrots, **Roll, Peanut Butter, Snack Bar**

10. Pork Loin, Red Skin Mashed Potatoes, Carrots, **Snack Bar, Raisins, Fruit**

11. Glazed Ham, Seasoned Red Potatoes, Peas & Carrots, **Snack Bar, Butter, Juice**

12. Cowboy Casserole, Fiesta Rice, Southwest Vegetables, **Roll, Snack Bar**

13. Smothered Chicken, Seasoned Potato Cubes, Green Beans, **Roll, P. Butter, String Cheese**

14. Turkey Pot Roast, Red Potatoes, Mixed Vegetables, **Roll, Cereal Bar, String Cheese, Juice**

15. BBQ Meatballs, Red Potatoes, Peas & Carrots**, Snack Bar, String Cheese, Fruit**

16 Chicken Cordon Bleu, Sweet Potato Fries**, Snack Bar, Raisins, Fruit**

17. Breaded Chicken Patty, Sweet Potato Cubes, **Roll, Peanut Butter**

18. Breakfast Sandwich, Breakfast Potatoes

19. Buttermilk Waffles, Scrambled Eggs, Sausage Links, Syrup**, Fruit**

20. Maple Flavored Sausage Corn Dog, Scrambled Eggs, Syrup, **Fruit, Juice**

All meal extras are listed in **bold** – nutritional information for each item can be found on back page