

Sister's Home Style Entrees

www.sistersentrees.com 515-332-1928

October, November, December 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. Turkey & Stuffing, Gravy, Mashed Sweet Potatoes, Green Beans

Turkey, stuffing, and mashed sweet potatoes. Just like Thanksgiving!

Nutritional Information: Calories - 300, Total Fat – 4.5g, Cholesterol – 55mg, Sodium – 1180mg, Total Carbs – 33g, Dietary Fiber – 2g, Protein - 29g**2. Chicken Noodle Casserole, Mixed Vegetables**

Diced chicken, pasta, and all your favorite vegetables combined.

Nutritional Information: Calories - 420, Total Fat - 10g, Cholesterol - 55mg, Sodium - 1000mg, Total Carbs - 55g, Dietary Fiber - 5g, Protein - 26g**3. Roast Beef, Mashed Potatoes, Gravy, Peas & Carrots**

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

Nutritional Information: Calories - 370, Total Fat - 7g, Cholesterol - 75mg, Sodium - 1490mg, Total Carbs - 36g, Dietary Fiber - 4g, Protein - 38g**4. Philly Cheese Steak Casserole, Corn**

Philly beef, pasta, vegetables, and cheese sauce. Great flavor!

Nutritional Information: Calories - 520, Total Fat - 21g, Cholesterol - 35mg, Sodium - 700mg, Total Carbs - 66g, Dietary Fiber - 3g, Protein - 16g**5. Vegetable Beef Stew, Sweet Potato Cubes, Green Beans**

Hearty stew loaded with meat and veggies.

Nutritional Information: Calories - 330, Total Fat - 8g, Cholesterol - 30mg, Sodium - 1010mg, Total Carbs - 44g, Dietary Fiber - 6g, Protein - 18g**6. Chicken Breast Strip Dinner, White Rice, Peas & Carrots**

Grilled chicken strips, sautéed onions, and chicken gravy over white rice.

Nutritional Information: Calories - 270, Total Fat - 3g, Cholesterol - 60mg, Sodium - 560mg, Total Carbs - 32g, Dietary Fiber - 4g, Protein - 28g**7. Italian Style Pasta Bake, Mixed Vegetables**

Italian pasta dish with sausage and marinara sauce, topped with mozzarella cheese.

Nutritional Information: Calories - 520, Total Fat - 21g, Cholesterol - 50mg, Sodium - 760mg, Total Carbs - 55g, Dietary Fiber - 6g, Protein - 23g**8. Scalloped Potatoes with Ham, Edamame Vegetables**

Diced ham and potatoes smothered in cheese sauce.

Nutritional Information: Calories - 380, Total Fat - 12g, Cholesterol - 15mg, Sodium - 1140mg, Total Carbs - 54g, Dietary Fiber - 10g, Protein - 15g**9. Liver & Onions, Mashed Potatoes, Corn**

A classic favorite!

Nutritional Information: Calories - 590, Total Fat - 19g, Cholesterol - 180mg, Sodium - 880mg, Total Carbs - 76g, Dietary Fiber - 3g, Protein - 23g

10. Chili, Edamame Blend Vegetables

Classic chili complete with cinnamon roll!

Nutritional Information: Calories - 310, Total Fat - 9g, Cholesterol - 35mg, Sodium - 560mg, Total Carbs - 29g, Dietary Fiber - 10g, Protein - 28g

11. Beef Patty with Mushroom Gravy, Mashed Potatoes, Green Beans

Salisbury steak smothered in mushroom gravy. So good!

Nutritional Information: Calories - 360, Total Fat - 14g, Cholesterol - 25mg, Sodium - 1300mg, Total Carbs - 37g, Dietary Fiber - 6g, Protein - 19g

12. Lasagna, Carrots

Layers and layers of meat, sauce, and cheese. Delicious!

Nutritional Information: Calories - 340, Total Fat - 10g, Cholesterol - 35mg, Sodium - 770mg, Total Carbs - 35g, Dietary Fiber - 6g, Protein - 23g

13. Chicken Alfredo, Broccoli

Simple and delicious!

Nutritional Information: Calories - 380, Total Fat - 15g, Cholesterol - 65mg, Sodium - 920mg, Total Carbs - 36g, Dietary Fiber - 3g, Protein - 22g

14. Lemon Pepper Fish, Garden Vegetable Rice, SW Vegetable, Tartar Sauce

Alaskan Pollock lightly seasoned with lemon pepper over a bed of vegetable flavored rice.

Nutritional Information: Calories - 360, Total Fat - 11g, Cholesterol - 60mg, Sodium - 1010mg, Total Carbs - 43g, Dietary Fiber - 7g, Protein - 20g

15. Sloppy Joe, Baked Beans, Potato Rounds

A family favorite!

Nutritional Information: Calories - 480, Total Fat - 15g, Cholesterol - 45mg, Sodium - 1180mg, Total Carbs - 63g, Dietary Fiber - 8g, Protein - 28g

16. Shrimp Stir Fry, Egg Roll

Shrimp, pasta, vegetables, all in a tangy teriyaki sauce.

Nutritional Information: Calories - 400, Total Fat - 8g, Cholesterol - 85mg, Sodium - 1000mg, Total Carbs - 59g, Dietary Fiber - 5g, Protein - 17g

17. BBQ Boneless Wings, Red Potatoes, Chuckwagon Corn

Boneless chicken wings with delicious BBQ sauce.

Nutritional Information: Calories - 370, Total Fat - 10g, Cholesterol - 40mg, Sodium - 1050mg, Total Carbs - 54g, Dietary Fiber - 2g, Protein - 19g

18. Biscuit & Country Gravy w/Pork Sausage, Scrambled Eggs

Biscuit and gravy; an all-time favorite!

Nutritional Information: Calories - 350, Total Fat - 18g, Cholesterol - 225mg, Sodium - 1160mg, Total Carbs - 33g, Dietary Fiber - 1g, Protein - 15g

19. Pancakes, Sausage Links, Scrambled Eggs, Syrup

A great way to start your day!

Nutritional Information: Calories - 600, Total Fat - 28g, Cholesterol - 275mg, Sodium - 1160mg, Total Carbs - 68g, Dietary Fiber - 2g, Protein - 20g

20. All American Breakfast (Eggs, Sausage Links, Hash Brown)

Traditional breakfast favorite!

Nutritional Information: Calories - 520, Total Fat - 44g, Cholesterol - 280mg, Sodium - 950mg, Total Carbs - 15g, Dietary Fiber - 1g, Protein - 19g

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1. Turkey & Stuffing, Sweet Potatoes, Green Beans, **Roll, Snack Bar, Butter**
2. Chicken Noodle Casserole, Mixed Vegetables, **Snack Bar, Fruit**
3. Roast Beef, Mashed Potatoes, Peas & Carrots, **Roll, Peanut Butter, Juice**
4. Philly Cheese Steak Casserole, Corn, **String Cheese**
5. Beef Stew, Sweet Potato Cubes, Green Beans, **Snack Bar, String Cheese, Fruit**
6. Chicken Breast Strip Dinner, White Rice, Peas & Carrots, **Cereal Bar, Roll, Peanut Butter**
7. Italian Style Pasta Bake, Mixed Vegetables, **Roll, Butter**
8. Scalloped Potatoes with Ham, Edamame Vegetables, **Roll, Peanut Butter**
9. Liver & Onions, Mashed Potatoes, Corn, **Juice**
10. Chili, Edamame Blend Vegetables, **Cinnamon Roll**
11. Beef Patty with Mushroom Gravy, Mashed Potatoes, Green Beans, **Roll, Butter, Snack Bar**
12. Lasagna, Carrots, **Roll, Butter**
13. Chicken Alfredo, Broccoli, **Roll, Peanut Butter**
14. Lemon Pepper Fish, Garden Veg Rice, SW Veg, **Roll, Peanut Butter, String Cheese**
15. Sloppy Joe, Baked Beans, Potato Rounds, **Cereal Bar, Juice, String Cheese**
16. Shrimp Stir Fry, Egg Roll, **String Cheese, Snack Bar**
17. BBQ Boneless Wings, Red Potatoes, Chuckwagon Corn, **Snack Bar, Juice, String Cheese**
18. Biscuit & Country Gravy with Pork Sausage, Scrambled Eggs, **Cereal Bar, Fruit, Juice**
19. Pancakes, Sausage Links, Scrambled Eggs, Syrup, **Juice**
20. All American Breakfast (Eggs, Sausage, Hash Brown), **Muffin**

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

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Dinner Roll

Nutritional Information: Calories- 90, Total Fat- 1.5g, Cholesterol- 0mg, Sodium- 130mg, Total Carbs- 18g, Dietary Fiber- 1g, Protein- 3g

Butter

Nutritional Information: Calories- 35, Total Fat- 4g, Cholesterol- 10mg, Sodium- 35mg, Total Carbs- 0g, 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- 80, Total Fat- 0g, Cholesterol- 0mg, Sodium- 0mg, Total Carbs- 19g, Dietary Fiber- 1g, Protein- 1g

Snack Bar

Nutritional Information: Calories- 150, Total Fat- 3.5g, Cholesterol- 0mg, Sodium- 70mg, Total Carbs- 28g, Dietary Fiber- 1g, Protein- 1g

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- 2g, Protein- 4g

Muffin

Nutritional Information: Calories- 190, Total Fat- 6g, Cholesterol- 40mg, Sodium- 130mg, Total Carbs- 30g, Dietary Fiber- 2g, Protein- 3g

Cinnamon Roll

Nutritional Information: Calories- 350, Total Fat- 17g, Cholesterol- 10mg, Sodium- 135mg, Total Carbs- 43g, Dietary Fiber- 0g, Protein- 5g

Cereal Bar

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