

Sister's Home Style Entrees**www.sistersentrees.com 1-515-332-1928****January, February & March 2021 – 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. Roast Beef with Gravy, Mashed Potatoes, Corn

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

Nutritional Information: Calories - 470, Total Fat - 8g, Cholesterol - 75mg, Sodium - 1530mg, Total Carbs - 56g, Dietary Fiber - 3g, Protein - 39g**2. Baked Potato Soup, Green Beans**

Creamy homestyle loaded potato soup to warm you up.

Nutritional Information: Calories - 370, Total Fat - 19g, Cholesterol - 65mg, Sodium - 1010mg, Total Carbs - 34g, Dietary Fiber - 5g, Protein - 12g**3. Chicken with Country Gravy, Mashed Potatoes, Corn**

Breaded chicken breast topped with flavorful country gravy.

Nutritional Information: Calories - 490, Total Fat - 3g, Cholesterol - 50mg, Sodium - 1340mg, Total Carbs - 61g, Dietary Fiber - 3g, Protein - 21g**4. Porcupine Meatballs, Mashed Potatoes, Southwest Vegetables**

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

Nutritional Information: Calories - 590, Total Fat - 19g, Cholesterol - 125mg, Sodium - 1220mg, Total Carbs - 63g, Dietary Fiber - 8g, Protein - 38g**5. Swiss Steak, Mashed Potatoes, Carrots**

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

Nutritional Information: Calories - 330, Total Fat - 4.5g, Cholesterol - 45mg, Sodium - 80mg, Total Carbs - 41g, Dietary Fiber - 5g, Protein - 29g**6. Beef & Noodles, Green Beans**

Tender beef and a flavorful gravy over noodles.

Nutritional Information: Calories - 300, Total Fat - 3g, Cholesterol - 40mg, Sodium - 730mg, Total Carbs - 38g, Dietary Fiber - 4g, Protein - 23g**7. BBQ Meatballs, Red Potatoes, Peas & Carrots**

Meatballs tossed in tangy barbeque sauce.

Nutritional Information: Calories - 540, Total Fat - 27g, Cholesterol - 60mg, Sodium - 1050mg, Total Carbs - 53g, Dietary Fiber - 7g, Protein - 23g**8. Pork Loin, Red Skin Mashed Potatoes, Carrots**

Pork loin roasted to perfection!

Nutritional Information: Calories - 290, Total Fat - 11g, Cholesterol - 55mg, Sodium - 1110mg, Total Carbs - 25g, Dietary Fiber - 4g, Protein - 24g**9. Crab Alfredo, Broccoli**

Simple and delicious!

Nutritional Information: Calories - 370, Total Fat - 13g, Cholesterol - 45mg, Sodium - 950mg, Total Carbs - 44g, Dietary Fiber - 4g, Protein - 15g

10. Cowboy Casserole, Fiesta Rice, Southwest Vegetables

Southwest style casserole full of flavor.

Nutritional Information: Calories - 430, Total Fat - 15g, Cholesterol - 25mg, Sodium - 1160mg, Total Carbs - 54g, Dietary Fiber - 10g, Protein - 21g

11. Lasagna, Mixed Vegetables

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

Nutritional Information: Calories - 380, Total Fat - 10g, Cholesterol - 35mg, Sodium - 800mg, Total Carbs - 43g, Dietary Fiber - 6g, Protein - 26g

12. Tuna Noodle Casserole, Peas

Tuna and pasta in a creamy sauce.

Nutritional Information: Calories - 340, Total Fat - 5g, Cholesterol - 10mg, Sodium - 840mg, Total Carbs - 50g, Dietary Fiber - 8g, Protein - 19g

13. Chicken Cordon Bleu, Sweet Potato Cubes

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

Nutritional Information: Calories - 570, Total Fat - 27g, Cholesterol - 80mg, Sodium - 1620mg, Total Carbs - 52g, Dietary Fiber - 4g, Protein - 26g

14. Chicken Drumstick, Red Potatoes, Mixed Vegetables

This breaded chicken drumstick is one of our customers favorites.

Nutritional Information: Calories - 420, Total Fat - 18g, Cholesterol - 80mg, Sodium - 820mg, Total Carbs - 34g, Dietary Fiber - 5g, Protein - 30g

15. Glazed Ham, Seasoned Potato Cubes, Peas & Carrots

Sliced ham with a sweet glaze that everyone will love.

Nutritional Information: Calories - 320, Total Fat - 8g, Cholesterol - 40mg, Sodium - 1240mg, Total Carbs - 47g, Dietary Fiber - 5g, Protein - 24g

16. 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 - 730mg, Total Carbs - 32g, Dietary Fiber - 5g, Protein - 23g

17. Breaded Chicken Patty, Sweet Potato Cubes

Chicken patty topped with sliced cheese.

Nutritional Information: Calories - 500, Total Fat - 28g, Cholesterol - 60mg, Sodium - 940mg, Total Carbs - 42g, Dietary Fiber - 3g, Protein - 19g

18. Breakfast Sandwich, Breakfast Potatoes

Sausage, egg and cheese on flatbread.

Nutritional Information: Calories - 650, Total Fat - 40g, Cholesterol - 170mg, Sodium - 1170mg, Total Carbs - 53g, Dietary Fiber - 5g, Protein - 23g

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

A great way to start your day!

Nutritional Information: Calories - 710, Total Fat - 48g, Cholesterol - 385mg, Sodium - 1300mg, Total Carbs - 52g, Dietary Fiber - 1g, Protein - 26g

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

Sausage link wrapped in a maple flavored pancake.

Nutritional Information: Calories - 540, Total Fat - 30g, Cholesterol - 370mg, Sodium - 1120mg, Total Carbs - 50g, Dietary Fiber - 0g, Protein - 21g

January, February, March 2021 – Meal Sides

1. Roast Beef, Mashed Potatoes, Corn, **Roll, Butter**
2. Baked Potato Soup, Green Beans, **Crackers, Snack Bar, Butter**
3. Chicken and Country Gravy, Mashed Potatoes, Corn, **Roll, Butter**
4. Porcupine Meatballs, Mashed Potatoes, Southwest Vegetables, **Juice**
5. Swiss Steak, Mashed Potatoes, Carrots, **Roll, Peanut Butter, Butter**
6. Beef & Noodles, Green Beans, **Roll, Peanut Butter, Raisins**
7. BBQ Meatballs, Red Potatoes, Peas & Carrots, **String Cheese, Fruit**
8. Pork Loin, Red Skin Mashed Potatoes, Carrots, **Snack Bar, Raisins, String Cheese**
9. Crab Alfredo, Broccoli, **Cereal Bar, Fruit, Juice**
10. Cowboy Casserole, Fiesta Rice, Southwest Vegetables, **Roll, Snack Bar**
11. Lasagna, Mixed Vegetables, **String Cheese, Raisins, Butter**
12. Tuna Noodle Casserole, Peas, **Roll, Peanut Butter, Snack Bar**
13. Chicken Cordon Bleu, Sweet Potato Cubes, **Juice, Fruit**
14. Chicken Drumstick, Red Potatoes, Mixed Vegetables, **Roll, Cereal Bar**
15. Glazed Ham, Seasoned Potato Cubes, Peas & Carrots, **Snack Bar, Butter, Juice, Fruit**
16. Smothered Chicken, Seasoned Potato Cubes, Green Beans, **Roll, Peanut Butter, String Cheese**
17. Breaded Chicken Patty, Sweet Potato Cubes, **Roll, Butter**
18. Breakfast Sandwich, Breakfast Potatoes
19. Buttermilk Waffles, Sausage Links, Scrambled Eggs, Syrup
20. Maple Flavored Sausage Corn Dog, Scrambled Eggs, Syrup, **Juice, Fruit**

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

Dinner Roll

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

Butter

Nutritional Information: Calories - 70, Total Fat - 8g, Cholesterol - 20mg, Sodium - 70mg, 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 - 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******