

**Sister's Home Style Entrees**

www.sistersentrees.com 515-332-1928

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

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

**Nutritional Information:** Calories - 530, Total Fat – 24g, Cholesterol – 80mg, Sodium – 1500mg, Total Carbs – 55g, Dietary Fiber – 4g, Protein - 30g**2. Roast Beef, Mashed Potatoes, Gravy, Peas & Carrots**

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

**Nutritional Information:** Calories - 330, Total Fat - 6g, Cholesterol - 75mg, Sodium - 1070mg, Total Carbs - 29g, Dietary Fiber - 4g, Protein - 37g**3. Vegetable Beef Stew, Sweet Potato Cubes, Seasoned Green Beans**

Hearty stew loaded with meat and veggies.

**Nutritional Information:** Calories - 480, Total Fat - 22g, Cholesterol - 45mg, Sodium - 1200mg, Total Carbs - 46g, Dietary Fiber - 6g, Protein - 21g**4. 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**5. Liver & Onions, Mashed Potatoes, Corn**

A classic favorite!

**Nutritional Information:** Calories - 540, Total Fat - 18g, Cholesterol - 180mg, Sodium - 540mg, Total Carbs - 69g, Dietary Fiber - 2g, Protein - 22g**6. 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**7. 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**8. 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**9. Scalloped Potatoes with Ham, Southwest Vegetables**

Diced ham and potatoes smothered in cheese sauce.

**Nutritional Information:** Calories - 380, Total Fat - 10g, Cholesterol - 15mg, Sodium - 1260mg, Total Carbs - 61g, Dietary Fiber - 12g, Protein - 14g

## **10. Beef Patty with Mushroom Gravy, Mashed Potatoes, Seasoned Green Beans**

Salisbury steak smothered in mushroom gravy. So good!

**Nutritional Information:** Calories - 420, Total Fat - 27g, Cholesterol - 30mg, Sodium - 1080mg, Total Carbs - 29g, Dietary Fiber - 5g, Protein - 18g

## **11. Chili, Chuckwagon Corn**

Classic chili complete with cinnamon roll!

**Nutritional Information:** Calories - 320, Total Fat - 7g, Cholesterol - 35mg, Sodium - 550mg, Total Carbs - 38g, Dietary Fiber - 5g, Protein - 25g

## **12. Chicken Alfredo, Broccoli**

Simple and delicious!

**Nutritional Information:** Calories - 410, Total Fat - 15g, Cholesterol - 65mg, Sodium - 930mg, Total Carbs - 43g, Dietary Fiber - 3g, Protein - 23g

## **13. Lemon Pepper Fish, Seasoned Rice, Southwest Vegetables, Tartar Sauce**

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

**Nutritional Information:** Calories - 440, Total Fat - 10g, Cholesterol - 55mg, Sodium - 770mg, Total Carbs - 43g, Dietary Fiber - 6g, Protein - 21g

## **14. 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

## **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. BBQ Boneless Wings, Red Potatoes, Chuckwagon Corn**

Boneless chicken wings with delicious BBQ sauce.

**Nutritional Information:** Calories - 420, Total Fat - 10g, Cholesterol - 40mg, Sodium - 1210mg, Total Carbs - 66g, Dietary Fiber - 2g, Protein - 19g

## **17. Shrimp Stir Fry, Egg Roll**

Shrimp, rice and vegetables, all in a tangy teriyaki sauce.

**Nutritional Information:** Calories - 270, Total Fat - 1.5g, Cholesterol - 85mg, Sodium - 1040mg, Total Carbs - 46g, Dietary Fiber - 4g, Protein - 18g

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

Biscuit and gravy; an all-time favorite!

**Nutritional Information:** Calories - 370, Total Fat - 19g, Cholesterol - 260mg, Sodium - 1200mg, Total Carbs - 33g, Dietary Fiber - 1g, Protein - 17g

## **19. Pancakes, Sausage Links, Scrambled Eggs, Syrup**

A great way to start your day!

**Nutritional Information:** Calories - 620, Total Fat - 31g, Cholesterol - 280mg, Sodium - 1090mg, Total Carbs - 68g, Dietary Fiber - 2g, Protein - 22g

## **20. All American Breakfast (2 Eggs, Sausage Links, Hash Brown)**

Traditional breakfast favorite!

**Nutritional Information:** Calories - 570, Total Fat - 50g, Cholesterol - 285mg, Sodium - 880mg, Total Carbs - 15g, Dietary Fiber - 1g, Protein - 23g

## October, November, December 2021

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

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

\*\*\*Meals have additional snacks and condiments as noted below 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 additional snacks and condiments are listed on this page\*\*\*

### **Dinner Roll**

**Nutritional Information:** Calories- 90, Total Fat- 2g, Cholesterol- 0mg, Sodium- 125mg, Total Carbs- 17g, Dietary Fiber- 0g, 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

### **Donut**

**Nutritional Information:** Calories- 350, Total Fat- 17g, Cholesterol- 15mg, Sodium- 350mg, Total Carbs- 48g, Dietary Fiber- 1g, Protein- 3g

### **Peanut Butter**

**Nutritional Information:** Calories- 120, Total Fat- 10g, Cholesterol- 0mg, Sodium- 90mg, Total Carbs- 5g, Dietary Fiber- 2g, Protein- 4g

### **Cinnamon Roll**

**Nutritional Information:** Calories- 240, Total Fat- 7g, Cholesterol- 0mg, Sodium- 270mg, Total Carbs- 40g, Dietary Fiber- 3g, Protein- 4g

### **Chocolate Chip Cookie**

**Nutritional Information:** Calories- 170, Total Fat- 6g, Cholesterol- 5mg, Sodium- 150mg, Total Carbs- 28g, Dietary Fiber- 1g, Protein- 2g

### **Raisins**

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