

Sister's Home Style Entrees**www.sistersentrees.com 1-515-332-1928****January, February & March 2022 – 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, Seasoned Green Beans

Creamy homestyle loaded potato soup with ham to warm you up.

Nutritional Information: Calories - 570, Total Fat - 44g, Cholesterol - 75mg, Sodium - 1180mg, Total Carbs - 34g, Dietary Fiber - 5g, Protein - 11g**2. Chicken with Country Gravy, Mashed Potatoes, Buttered Corn**

Breaded chicken breast topped with flavorful country gravy.

Nutritional Information: Calories - 520, Total Fat - 15g, Cholesterol - 55mg, Sodium - 970mg, Total Carbs - 47g, Dietary Fiber - 2g, Protein - 19g**3. Roast Beef with Gravy, Mashed Potatoes, Corn**

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

Nutritional Information: Calories - 460, Total Fat - 18g, Cholesterol - 80mg, Sodium - 1130mg, Total Carbs - 36g, Dietary Fiber - 2g, Protein - 36g**4. Porcupine Meatballs, Mashed Potatoes, Southwest Vegetables**

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

Nutritional Information: Calories - 600, Total Fat - 29g, Cholesterol - 130mg, Sodium - 710mg, Total Carbs - 48g, Dietary Fiber - 8g, Protein - 36g**5. Beef & Noodles, Seasoned Green Beans**

Tender beef and a flavorful gravy over noodles.

Nutritional Information: Calories - 510, Total Fat - 28g, Cholesterol - 50mg, Sodium - 950mg, Total Carbs - 38g, Dietary Fiber - 4g, Protein - 23g**6. Swiss Steak, Mashed Potatoes, Carrots**

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

Nutritional Information: Calories - 510, Total Fat - 39g, Cholesterol - 65mg, Sodium - 790mg, Total Carbs - 25g, Dietary Fiber - 5g, Protein - 18g**7. Crab Alfredo, Broccoli**

Simple and delicious!

Nutritional Information: Calories - 400, Total Fat - 14g, Cholesterol - 40mg, Sodium - 900mg, Total Carbs - 51g, Dietary Fiber - 4g, Protein - 15g**8. 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**9. Tuna Noodle Casserole, Peas**

Tuna and pasta in a creamy sauce.

Nutritional Information: Calories - 340, Total Fat - 5g, Cholesterol - 15mg, Sodium - 770mg, Total Carbs - 50g, Dietary Fiber - 8g, Protein - 19g

10. 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

11. Glazed Ham, Mashed Sweet Potatoes, Peas & Carrots

Sliced ham with a sweet glaze that everyone will love.

Nutritional Information: Calories - 370, Total Fat - 11g, Cholesterol - 45mg, Sodium - 1360mg, Total Carbs - 62g, Dietary Fiber - 5g, Protein - 15g

12. Pork Loin, Mashed Redskin Potatoes, Carrots

Pork loin, roasted to perfection!

Nutritional Information: Calories - 360, Total Fat - 22g, Cholesterol - 60mg, Sodium - 1140mg, Total Carbs - 21g, Dietary Fiber - 4g, Protein - 23g

13. Beef & Bean Burrito, Mexican Rice, Southwest Vegetables

Southwest favorite, full of flavor.

Nutritional Information: Calories - 590, Total Fat - 29g, Cholesterol - 30mg, Sodium - 880mg, Total Carbs - 70g, Dietary Fiber - 6g, Protein - 15g

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. BBQ Meatballs, Red Potatoes, Buttered Peas & Carrots

Meatballs tossed in tangy barbeque sauce.

Nutritional Information: Calories - 580, Total Fat - 37g, Cholesterol - 60mg, Sodium - 980mg, Total Carbs - 45g, Dietary Fiber - 6g, Protein - 20g

16. Chicken Skillet Toss, White Rice, Stir Fry Vegetables

Chicken, rice and stir fry vegetables, seasoned with Italian dressing.

Nutritional Information: Calories - 270, Total Fat - 10g, Cholesterol - 40mg, Sodium - 460mg, Total Carbs - 25g, Dietary Fiber - 3g, Protein - 17g

17. Breaded Chicken Patty, Sweet Potato Cubes

Chicken patty topped with a slice of cheese.

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

18. French Toast Sticks, Sausage Links, Scrambled Eggs, Syrup

A classic breakfast favorite!

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

19. Breakfast Sandwich, Breakfast Potatoes

Sausage, egg and cheese on flatbread.

Nutritional Information: Calories - 630, Total Fat - 35g, Cholesterol - 140mg, Sodium - 1240mg, Total Carbs - 56g, Dietary Fiber - 5g, Protein - 23g

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

A great way to start your day!

Nutritional Information: Calories - 620, Total Fat - 38g, Cholesterol - 370mg, Sodium - 1140mg, Total Carbs - 52g, Dietary Fiber - 1g, Protein - 22g

January, February, March 2022 – Meal Sides

1. Baked Potato Soup, Seasoned Green Beans, **Roll**
2. Chicken and Country Gravy, Mashed Potatoes, Buttered Corn, **Snack Bar**
3. Roast Beef, Mashed Potatoes, Corn, **Roll, String Cheese**
4. Porcupine Meatballs, Mashed Potatoes, Southwest Vegetables, **Juice**
5. Beef & Noodles, Seasoned Green Beans, **Roll, Butter**
6. Swiss Steak, Mashed Potatoes, Carrots, **Snack Bar**
7. Crab Alfredo, Broccoli, **Chocolate Chip Cookie, Fruit**
8. Lasagna, Mixed Vegetables, **Roll, Peanut Butter, String Cheese**
9. Tuna Noodle Casserole, Peas, **Roll, Peanut Butter, String Cheese**
10. Chicken Cordon Bleu, Sweet Potato Cubes, **Roll**
11. Glazed Ham, Mashed Sweet Potatoes, Peas & Carrots, **Roll, Peanut Butter, Juice**
12. Pork Loin, Mashed Redskin Potatoes, Carrots, **Chocolate Chip Cookie, String Cheese**
13. Beef & Bean Burrito, Mexican Rice, Southwest Vegetables, **Juice**
14. Chicken Drumstick, Red Potatoes, Mixed Vegetables, **Roll, Peanut Butter**
15. BBQ Meatballs, Red Potatoes, Buttered Peas & Carrots, **Fruit**
16. Chicken Skillet Toss, Stir Fry Vegetables, **Chocolate Chip Cookie, Raisins, String Cheese**
17. Breaded Chicken Patty, Sweet Potato Cubes, **Snack Bar**
18. French Toast Sticks, Sausage Links, Scrambled Eggs, Syrup, **Raisins**
19. Breakfast Sandwich, Breakfast Potatoes, **Fruit**
20. Buttermilk Waffles, Sausage Links, Scrambled Eggs, Syrup, **Butter**

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

Chocolate Chip Cookie

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

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