

Sister's Home Style Entrees

www.sistersentrees.com 515-332-1928

October, November, December 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. Roast Beef, Mashed Potatoes, Gravy, Peas & Carrots

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

Nutritional Information: Calories - 420, Total Fat – 4.5g, Cholesterol - 80mg, Sodium - 1140mg, Total Carbs - 27g, Dietary Fiber - 4g, Protein - 36g**2. Vegetable Beef Stew, Sweet Potato Puffs, Buttered Green Beans**

Hearty stew loaded with meat and veggies.

Nutritional Information: Calories - 500, Total Fat - 21g, Cholesterol - 45mg, Sodium - 1270mg, Total Carbs - 56g, Dietary Fiber - 7g, Protein - 21g**3. Chicken & Stuffing, Gravy, Redskin Mashed Potatoes, Buttered Green Beans**

Chicken, stuffing, and redskin mashed potatoes.

Nutritional Information: Calories - 560, Total Fat – 31g, Cholesterol – 70mg, Sodium – 1590mg, Total Carbs – 42g, Dietary Fiber – 3g, Protein - 29g**4. Liver & Onions, Mashed Potatoes, Corn**

A classic favorite!

Nutritional Information: Calories - 610, Total Fat - 29g, Cholesterol - 185mg, Sodium - 620mg, Total Carbs - 62g, Dietary Fiber - 3g, Protein - 22g**5. Chicken Breast Strip Dinner, White Rice, Peas & Carrots**

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

Nutritional Information: Calories - 260, Total Fat - 2g, Cholesterol - 55mg, Sodium - 970mg, Total Carbs - 35g, Dietary Fiber - 6g, Protein - 25g**6. Philly Cheese Steak Casserole, Corn**

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

Nutritional Information: Calories - 500, Total Fat - 21g, Cholesterol - 35mg, Sodium - 700mg, Total Carbs - 56g, Dietary Fiber - 5g, Protein - 16g**7. Italian Style Pasta Bake, Mixed Vegetables**

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

Nutritional Information: Calories - 510, Total Fat - 21g, Cholesterol - 50mg, Sodium - 770mg, Total Carbs - 55g, Dietary Fiber - 7g, Protein - 23g**8. Chicken Noodle Casserole, Mixed Vegetables**

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

Nutritional Information: Calories - 400, Total Fat - 7g, Cholesterol - 50mg, Sodium - 730mg, Total Carbs - 57g, Dietary Fiber - 5g, Protein - 27g**9. Beef Patty with Mushroom Gravy, Mashed Potatoes, Buttered Green Beans**

Salisbury steak smothered in mushroom gravy. So good!

Nutritional Information: Calories - 470, Total Fat - 34g, Cholesterol - 50mg, Sodium - 1310mg, Total Carbs - 26g, Dietary Fiber - 3g, Protein - 19g

10. Lasagna, Carrots

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

Nutritional Information: Calories - 420, Total Fat - 14g, Cholesterol - 45mg, Sodium - 970mg, Total Carbs - 43g, Dietary Fiber - 8g, Protein - 30g

11. Scalloped Potatoes with Ham, Southwest Vegetables

Diced ham and potatoes smothered in cheese sauce.

Nutritional Information: Calories - 370, Total Fat - 9g, Cholesterol - 15mg, Sodium - 1340mg, Total Carbs - 59g, Dietary Fiber - 12g, Protein - 13g

12. Chili, Chuckwagon Corn

Classic chili complete with corn muffin!

Nutritional Information: Calories - 320, Total Fat - 6g, Cholesterol - 35mg, Sodium - 640mg, Total Carbs - 38g, Dietary Fiber - 6g, Protein - 25g

13. Chicken Alfredo, Broccoli

Simple and delicious!

Nutritional Information: Calories - 400, Total Fat - 14g, Cholesterol - 75mg, Sodium - 840mg, Total Carbs - 41g, Dietary Fiber - 4g, Protein - 22g

14. BBQ Boneless Wings, Baked Potato Salad, Chuckwagon Corn

Boneless chicken wings with delicious BBQ sauce.

Nutritional Information: Calories - 520, Total Fat - 19g, Cholesterol - 60mg, Sodium - 1600mg, Total Carbs - 67g, Dietary Fiber - 2g, Protein - 22g

15. Shrimp Stir Fry, Vegetable Egg Roll

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

Nutritional Information: Calories - 340, Total Fat - 4.5g, Cholesterol - 110mg, Sodium - 1260mg, Total Carbs - 58g, Dietary Fiber - 5g, Protein - 18g

16. 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 - 450, Total Fat - 10g, Cholesterol - 55mg, Sodium - 770mg, Total Carbs - 44g, Dietary Fiber - 7g, Protein - 21g

17. Pepperoni Pizza, Diced Carrots

A family favorite downsized to a personal pizza size.

Nutritional Information: Calories - 480, Total Fat - 21g, Cholesterol - 40mg, Sodium - 990mg, Total Carbs - 59g, Dietary Fiber - 6g, Protein - 16g

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

Biscuit and gravy; an all-time favorite!

Nutritional Information: Calories - 460, Total Fat - 25g, Cholesterol - 260mg, Sodium - 1370mg, Total Carbs - 41g, Dietary Fiber - 2g, Protein - 16g

19. Pancakes, 2 Sausage Links, Scrambled Eggs, Syrup

A great way to start your day!

Nutritional Information: Calories - 620, Total Fat - 31g, Cholesterol - 275mg, Sodium - 1100mg, Total Carbs - 69g, Dietary Fiber - 2g, Protein - 19g

20. All American Breakfast (2 Eggs, 3 Sausage Links, Hash Brown)

Traditional breakfast favorite!

Nutritional Information: Calories - 540, Total Fat - 49g, Cholesterol - 280mg, Sodium - 900mg, Total Carbs - 15g, Dietary Fiber - 1g, Protein - 18g

October, November, December 2022

All menu items are subject to change

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

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 (1)

Nutritional Information: Calories- 45, Total Fat- 5g, Cholesterol- 0mg, Sodium- 75mg, Total Carbs- 0g, Dietary Fiber- 0g, Protein- 0g

Juice (All Varieties)

Nutritional Information: Calories- 60, Total Fat- 0g, Cholesterol- 0mg, Sodium- 10mg, Total Carbs- 15g, Dietary Fiber- 0g, Protein- 0g

Corn Muffin

Nutritional Information: Calories- 230, Total Fat- 7g, Cholesterol- 0mg, Sodium- 180mg, Total Carbs- 36g, Dietary Fiber- 1g, Protein- 4g

Snack Bar

Nutritional Information: Calories- 280, Total Fat- 9g, Cholesterol- 5mg, Sodium- 170mg, Total Carbs- 46g, Dietary Fiber- 3g, Protein- 4g

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

Cereal Bar

Nutritional Information: Calories- 160, Total Fat- 3.5g, Cholesterol- 0mg, Sodium- 95mg, Total Carbs- 30g, Dietary Fiber- 3g, Protein- 2g

Graham Cracker

Nutritional Information: Calories- 120, Total Fat- 4g, Cholesterol- 0mg, Sodium- 140mg, Total Carbs- 19g, Dietary Fiber- 1g, Protein- 1g