

Sister's Home Style Entrees**www.sistersentrees.com 1-515-332-1928****January, February & March 2023 – 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. Cheddar Baked Potato Soup, Green Beans

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

Nutritional Information: Calories - 340, Total Fat - 14g, Cholesterol - 60mg, Sodium - 1310mg, Total Carbs - 35g, Dietary Fiber - 5g, Protein - 16g**2. Chicken with Country Gravy, Mashed Potatoes, Corn**

Breaded chicken breast topped with flavorful country gravy.

Nutritional Information: Calories - 510, Total Fat - 4g, Cholesterol - 50mg, Sodium - 1520mg, Total Carbs - 60g, Dietary Fiber - 4g, Protein - 21g**3. Roast Beef with Gravy, Mashed Potatoes, Corn**

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

Nutritional Information: Calories - 430, Total Fat - 8g, Cholesterol - 75mg, Sodium - 1430mg, Total Carbs - 45g, Dietary Fiber - 3g, Protein - 38g**4. Porcupine Meatballs, Mashed Potatoes, Southwest Vegetables**

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

Nutritional Information: Calories - 580, Total Fat - 19g, Cholesterol - 125mg, Sodium - 1000mg, Total Carbs - 60g, Dietary Fiber - 9g, Protein - 38g**5. 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**6. Swiss Steak, Mashed Potatoes, Carrots**

Round steak braised in stock with tomatoes on top.

Nutritional Information: Calories - 400, Total Fat - 16g, Cholesterol - 45mg, Sodium - 1190mg, Total Carbs - 42g, Dietary Fiber - 6g, Protein - 19g**7. Chicken Stir Fry, White Rice, Vegetable Eggroll**

Chicken, rice and stir fry vegetables, seasoned with a Signature Honey BBQ Sauce.

Nutritional Information: Calories - 600, Total Fat - 30g, Cholesterol - 55mg, Sodium - 850mg, Total Carbs - 63g, Dietary Fiber - 6g, Protein - 20g**8. 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**9. Lasagna, Mixed Vegetables**

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

Nutritional Information: Calories - 370, Total Fat - 10g, Cholesterol - 35mg, Sodium - 800mg, Total Carbs - 40g, Dietary Fiber - 7g, Protein - 27g

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

Sliced ham with a sweet glaze that everyone will love.

Nutritional Information: Calories - 370, Total Fat - 8g, Cholesterol - 45mg, Sodium - 1360mg, Total Carbs - 61g, Dietary Fiber - 5g, Protein - 15g

11. Pork Loin, Mashed Redskin Potatoes, Carrots

Pork loin, roasted to perfection!

Nutritional Information: Calories - 290, Total Fat - 12g, Cholesterol - 55mg, Sodium - 1040mg, Total Carbs - 23g, Dietary Fiber - 3g, Protein - 23g

12. Chicken Drumstick, Redskin Potatoes, Mixed Vegetables

This breaded chicken drumstick is one of our customers favorites.

Nutritional Information: Calories - 410, Total Fat - 18g, Cholesterol - 80mg, Sodium - 820mg, Total Carbs - 32g, Dietary Fiber - 6g, Protein - 30g

13. BBQ Meatballs, Redskin Potatoes, Peas & Carrots

Meatballs tossed in tangy barbeque sauce.

Nutritional Information: Calories - 470, Total Fat - 24g, Cholesterol - 55mg, Sodium - 860mg, Total Carbs - 45g, Dietary Fiber - 6g, Protein - 20g

14. Chickenless Chicken Tenders, Hash Brown, Mixed Vegetables

A new Menu item with a plant based chickenless tender.

Nutritional Information: Calories - 310, Total Fat - 13g, Cholesterol - 0mg, Sodium - 710mg, Total Carbs - 37g, Dietary Fiber - 6g, Protein - 15g

15. Taco Mac & Beef, Southwest Vegetables

A Southwest Twist on Mac and Cheese, with a delicious white cheddar cheese sauce.

Nutritional Information: Calories - 370, Total Fat - 12g, Cholesterol - 35mg, Sodium - 840mg, Total Carbs - 47g, Dietary Fiber - 8g, Protein - 19g

16. Breaded Chicken Patty, Hash Brown, Mixed Vegetables

Chicken patty topped with a slice of cheese.

Nutritional Information: Calories - 430, Total Fat - 25g, Cholesterol - 60mg, Sodium - 790mg, Total Carbs - 33g, Dietary Fiber - 4g, Protein - 22g

17. Popcorn Shrimp, Potato Rounds, Tartar Sauce

Bite sized pieces of battered Shrimp, with Tartar Sauce to dip them in.

Nutritional Information: Calories - 370, Total Fat - 19g, Cholesterol - 75mg, Sodium - 940mg, Total Carbs - 41g, Dietary Fiber - 2g, Protein - 11g

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

A classic breakfast favorite!

Nutritional Information: Calories - 750, Total Fat - 41g, Cholesterol - 370mg, Sodium - 1140mg, Total Carbs - 76g, Dietary Fiber - 3g, Protein - 24g

19. Breakfast Sandwich, Breakfast Potatoes

Sausage, egg and cheese on flatbread.

Nutritional Information: Calories - 670, Total Fat - 40g, Cholesterol - 170mg, Sodium - 1210mg, Total Carbs - 55g, Dietary Fiber - 5g, Protein - 23g

20. Breakfast Scramble, Mini Blueberry Muffins

A great way to start your day with Potatoes, Scrambled Eggs, Sausage, & Cheese in this scramble

Nutritional Information: Calories - 560, Total Fat - 27g, Cholesterol - 235mg, Sodium - 1110mg, Total Carbs - 62g, Dietary Fiber - 3g, Protein - 19g

January, February, March 2023 – Meal Sides

1. Cheddar Baked Potato Soup, Green Beans, **Snack Bar**
2. Chicken and Country Gravy, Mashed Potatoes, Corn, **Cheese Cracker**
3. Roast Beef, Brown Gravy, Mashed Potatoes, Corn, **Roll, Peanut Butter**
4. Porcupine Meatballs, Mashed Potatoes, Southwest Vegetables, **Applesauce**
5. Beef & Noodles, Green Beans, **Roll, Butter, Cheese Cracker**
6. Swiss Steak, Mashed Potatoes, Carrots, **Snack Bar**
7. Chicken Stir Fry, White Rice, Vegetable Eggroll, **String Cheese**
8. Crab Alfredo, Broccoli, **Roll, Peanut Butter, Butter**
9. Lasagna, Mixed Vegetables, **Roll, Peanut Butter, String Cheese**
10. Glazed Ham, Mashed Sweet Potatoes, Peas & Carrots, **Snack Bar**
11. Pork Loin, Mashed Redskin Potatoes, Carrots, **Snack Bar, String Cheese**
12. Chicken Drumstick, Redskin Potatoes, Mixed Vegetables, **Roll, Peanut Butter, Butter**
13. BBQ Meatballs, Redskin Potatoes, Peas & Carrots, **Roll, Peanut Butter**
14. Chickenless Chicken Tenders, Hash Brown, Mixed Vegetables, **String Cheese, Snack Bar**
15. Taco Mac & Beef, Southwest Vegetables, **Snack Bar**
16. Breaded Chicken Patty, Hash Brown, Mixed Vegetables, **Roll, Peanut Butter**
17. Popcorn Shrimp, Potato Rounds, Tartar Sauce, **Snack Bar**
18. French Toast Sticks, Sausage Links, Scrambled Eggs, Syrup
19. Breakfast Sandwich, Breakfast Potatoes
20. Breakfast Scramble, Mini Blueberry Muffins, **Applesauce**

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

Dinner Roll

Nutritional Information: Calories - 90, Total Fat - 2g, Cholesterol - 0mg, Sodium - 120mg, Total Carbs - 17g, Dietary Fiber - 0g, Protein - 3g

Butter

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

Applesauce

Nutritional Information: Calories - 60, Total Fat - 0g, Cholesterol - 0mg, Sodium - 10mg, Total Carbs - 13g, Dietary Fiber - 2g, Protein - 0g

Cheese Cracker

Nutritional Information: Calories - 190, Total Fat - 9g, Cholesterol - 0mg, Sodium - 330mg, Total Carbs - 24g, 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

String Cheese

Nutritional Information: Calories - 80, Total Fat - 6g, Cholesterol - 20mg, Sodium - 200mg, Total Carbs - 2g, Dietary Fiber - 0g, Protein - 6g

Peanut Butter

Nutritional Information: Calories - 142.5, Total Fat - 12g, Cholesterol - 0mg, Sodium - 105mg, Total Carbs - 6g, Dietary Fiber - 1.5g, Protein - 5g

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