

**Sister's Home Style Entrees****www.sistersentrees.com 1-515-332-1928****January, February & March 2024 – 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 - 440, Total Fat - 13g, Cholesterol - 100mg, Sodium - 1270mg, Total Carbs - 40g, Dietary Fiber - 3g, Protein - 37g**2. Chicken with Country Gravy, Mashed Potatoes, Corn**

Breaded chicken breast topped with flavorful country gravy.

**Nutritional Information:** Calories - 520, Total Fat - 9g, Cholesterol - 75mg, Sodium - 1320mg, Total Carbs - 54g, Dietary Fiber - 4g, Protein - 20g**3. Porcupine Meatballs, Mashed Potatoes, Southwest Vegetables**

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

**Nutritional Information:** Calories - 540, Total Fat - 20g, Cholesterol - 125mg, Sodium - 830mg, Total Carbs - 58g, Dietary Fiber - 9g, Protein - 31g**4. Beef & Noodles, Green Beans**

Tender beef and flavorful gravy over noodles.

**Nutritional Information:** Calories - 280, Total Fat - 4g, Cholesterol - 65mg, Sodium - 820mg, Total Carbs - 35g, Dietary Fiber - 3g, Protein - 22g**5. Crab Alfredo, Peas & Carrots**

Simple and delicious!

**Nutritional Information:** Calories - 430, Total Fat - 13g, Cholesterol - 45mg, Sodium - 1090mg, Total Carbs - 57g, Dietary Fiber - 7g, Protein - 20g**6. Cheesy Taco Style Soup, Green Beans**

Creamy taco flavored soup with beef to warm you up.

**Nutritional Information:** Calories - 400, Total Fat - 27g, Cholesterol - 90mg, Sodium - 1050mg, Total Carbs - 23g, Dietary Fiber - 5g, Protein - 13g**7. Swiss Steak, Mashed Potatoes, Carrots**

Steak braised in stock with tomatoes on top.

**Nutritional Information:** Calories - 370, Total Fat - 19g, Cholesterol - 60mg, Sodium - 940mg, Total Carbs - 35g, Dietary Fiber - 6g, Protein - 16g**8. Creamy Chicken on Wild Rice, Carrots**

Chicken on Wild Rice with a creamy sauce and served with a side of carrots.

**Nutritional Information:** Calories - 330, Total Fat - 12g, Cholesterol - 80mg, Sodium - 1050mg, Total Carbs - 34g, Dietary Fiber - 5g, Protein - 23g**9. Chicken Stir Fry, White Rice, (2) Vegetable Eggrolls**

Chicken &amp; rice with stir fry vegetables, seasoned with an Asian sesame Sauce.

**Nutritional Information:** Calories - 530, Total Fat - 23g, Cholesterol - 35mg, Sodium - 1190mg, Total Carbs - 57g, Dietary Fiber - 5g, Protein - 21g

## **10. Lasagna, Mixed Vegetables**

Deb's son loves this dish, layers and layers of meat sauce and cheese.

**Nutritional Information:** Calories - 390, Total Fat - 12g, Cholesterol - 40mg, Sodium - 1060mg, Total Carbs - 42g, Dietary Fiber - 9g, Protein - 26g

## **11. Taco Mac & Beef, Southwest Vegetables**

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

**Nutritional Information:** Calories - 380, Total Fat - 9g, Cholesterol - 30mg, Sodium - 1090mg, Total Carbs - 55g, Dietary Fiber - 10g, Protein - 19g

## **12. Glazed Ham, Mashed Sweet Potatoes, Peas & Carrots**

Sliced ham with a sweet glaze that everyone will love.

**Nutritional Information:** Calories - 340, Total Fat - 5g, Cholesterol - 40mg, Sodium - 1320mg, Total Carbs - 47g, Dietary Fiber - 5g, Protein - 17g

## **13. Pork Loin, Mashed Redskin Potatoes, Carrots**

Pork loin, roasted to perfection!

**Nutritional Information:** Calories - 270, Total Fat - 11g, Cholesterol - 55mg, Sodium - 1600mg, Total Carbs - 23g, Dietary Fiber - 4g, Protein - 23g

## **14. BBQ Meatballs, Diced 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

## **15. Breaded Chicken Patty, Hashbrown, 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

## **16. Meatloaf Patty, Mini Potato Mashers, Mixed Vegetables**

A new Menu item, meatloaf with tomato-based topping.

**Nutritional Information:** Calories - 350, Total Fat - 18g, Cholesterol - 45mg, Sodium - 590mg, Total Carbs - 30g, Dietary Fiber - 5g, Protein - 15g

## **17. Popcorn Shrimp, Mini Potato Mashers, Tartar Sauce**

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

**Nutritional Information:** Calories - 410, Total Fat - 19g, Cholesterol - 80mg, Sodium - 760mg, Total Carbs - 50g, Dietary Fiber - 3g, Protein - 12g

## **18. Breakfast Sandwich, Breakfast Potatoes**

Sausage, egg and cheese on flatbread.

**Nutritional Information:** Calories - 670, Total Fat - 40g, Cholesterol - 170mg, Sodium - 1220mg, Total Carbs - 56g, Dietary Fiber - 5g, Protein - 23g

## **19. Breakfast Scramble, (2) 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 - 26g, Cholesterol - 295mg, Sodium - 1020mg, Total Carbs - 62g, Dietary Fiber - 3g, Protein - 20g

## **20. (3) French Toast Sticks, (2) Maple Sausage Links, Scrambled Eggs, Maple Syrup**

A classic breakfast favorite!

**Nutritional Information:** Calories - 590, Total Fat - 28g, Cholesterol - 320mg, Sodium - 960mg, Total Carbs - 65g, Dietary Fiber - 3g, Protein - 22g

## January, February, March 2024 – Meal Sides

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

*\*\*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 (X1)**

**Nutritional Information:** Calories - 35, Total Fat - 4g, Cholesterol - 10mg, Sodium - 30mg, 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

## **Sandwich Crackers**

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

## **Raisins**

**Nutritional Information:** Calories - 110, Total Fat - 0g, Cholesterol - 0mg, Sodium - 0mg, Total Carbs - 28g, Dietary Fiber - 3g, Protein - 0g

## **Cereal Bar**

**Nutritional Information:** Calories - 160, Total Fat - 3.5g, Cholesterol - 0mg, Sodium - 90mg, Total Carbs - 29g, Dietary Fiber - 3g, Protein - 2g

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