

Sister's Home Style Entrees

www.sistersentrees.com 515-332-1928

October, November, December 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. Vegetable Beef Stew, Mashed Sweet Potatoes, Green Beans

Hearty stew loaded with Beef and veggies.

Nutritional Information: Calories - 390, Total Fat - 8g, Cholesterol - 45mg, Sodium - 1190mg, Total Carbs - 45g, Dietary Fiber - 7g, Protein - 22g**2. Turkey & Stuffing, Turkey Gravy, Redskin Mashed Potatoes, Green Beans**

Turkey, stuffing, and redskin mashed potatoes.

Nutritional Information: Calories – 340, Total Fat – 6g, Cholesterol – 40mg, Sodium – 1900mg, Total Carbs – 46g, Dietary Fiber – 5g, Protein - 26g**3. Roast Beef, Mashed Potatoes, Brown Gravy, Peas & Carrots**

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

Nutritional Information: Calories - 340, Total Fat – 6g, Cholesterol - 75mg, Sodium - 1240mg, Total Carbs - 29g, Dietary Fiber - 4g, Protein - 37g**4. Philly Cheese Steak Casserole, Corn**

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

Nutritional Information: Calories - 550, Total Fat - 23g, Cholesterol - 75mg, Sodium - 1100mg, Total Carbs - 61g, Dietary Fiber - 5g, Protein - 19g**5. Au Gratin Potatoes with Ham, Southwest Vegetables**

Thinly sliced potatoes in a cream sauce and cheese w/diced ham.

Nutritional Information: Calories - 350, Total Fat - 9g, Cholesterol - 20mg, Sodium - 1370mg, Total Carbs - 56g, Dietary Fiber - 11g, Protein - 14g**6. Chicken Breast Dinner, White Rice, Peas & Carrots**

Savory chicken breast, sautéed onions, and chicken gravy over white rice.

Nutritional Information: Calories - 300, Total Fat – 3.5g, Cholesterol - 55mg, Sodium - 1030mg, Total Carbs - 43g, Dietary Fiber - 6g, Protein - 24g**7. Chili, Chuckwagon Corn**

Classic chili complete with a honey bun!

Nutritional Information: Calories - 340, Total Fat - 9g, Cholesterol - 35mg, Sodium - 1110mg, Total Carbs - 45g, Dietary Fiber - 9g, Protein - 19g**8. Mushroom Gravy on Beef Patty, Mashed Potatoes, Green Beans**

Salisbury steak smothered in mushroom gravy. So good!

Nutritional Information: Calories - 310, Total Fat - 14g, Cholesterol - 40mg, Sodium - 1140mg, Total Carbs - 28g, Dietary Fiber - 3g, Protein - 15g**9. Lasagna, Diced Carrots**

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

Nutritional Information: Calories - 350, Total Fat - 12g, Cholesterol - 40mg, Sodium - 1020mg, Total Carbs - 37g, Dietary Fiber - 9g, Protein - 23g

10. BBQ Pulled Pork Sandwich, Baked Beans, and Star Potatoes.

Shredded pork, with a touch of BBQ sauce served with a Brioche slider bun.

Nutritional Information: Calories - 550, Total Fat - 16g, Cholesterol - 35mg, Sodium - 1380mg, Total Carbs - 76g, Dietary Fiber - 8g, Protein - 24g

11. Chicken Alfredo, California Blend Vegetables

Simple and delicious!

Nutritional Information: Calories - 410, Total Fat - 16g, Cholesterol - 70mg, Sodium - 640mg, Total Carbs - 42g, Dietary Fiber - 4g, Protein - 25g

12. Chicken and Biscuit, California Blend Vegetables

Chicken with Vegetables in a creamy sauce over a biscuit.

Nutritional Information: Calories - 340, Total Fat - 14g, Cholesterol - 20mg, Sodium - 1050mg, Total Carbs - 53g, Dietary Fiber - 5g, Protein - 11g

13. BBQ Boneless Wings, Star Potatoes, Chuckwagon Corn

Boneless chicken wings with delicious BBQ sauce.

Nutritional Information: Calories - 560, Total Fat - 21g, Cholesterol - 55mg, Sodium - 1290mg, Total Carbs - 67g, Dietary Fiber - 2g, Protein - 24g

14. Tuna Noodle Casserole, Peas & Carrots

Tuna and pasta in a creamy sauce.

Nutritional Information: Calories - 310, Total Fat - 4.5g, Cholesterol - 20mg, Sodium - 450mg, Total Carbs - 43g, Dietary Fiber - 5g, Protein - 19g

15. Breaded Fish Fillet, Hushpuppies, Diced Carrots, Tartar Sauce

Breaded Alaskan Pollock with hushpuppies on the side.

Nutritional Information: Calories - 460, Total Fat - 19g, Cholesterol - 45mg, Sodium - 930mg, Total Carbs - 52g, Dietary Fiber - 4g, Protein - 19g

16. Pizza & Chicken, Ranch dip

Our take of Pizza (Beef Pepperoni) & Tenders, including the ranch dip!

Nutritional Information: Calories - 550, Total Fat - 27g, Cholesterol - 65mg, Sodium - 1120mg, Total Carbs - 40g, Dietary Fiber - 1g, Protein - 27g

17. French Toast Breakfast Sandwich, Breakfast Potatoes

2 Mini Toasts loaded with Egg & Sausage, served with a side of Syrup.

Nutritional Information: Calories - 720, Total Fat - 35g, Cholesterol - 230mg, Sodium - 1030mg, Total Carbs - 85g, Dietary Fiber - 3g, Protein - 18g

18. 3 Pancakes, 1 Sausage Patty, Scrambled Eggs, Maple Syrup

A great way to start your day w/Buttermilk Pancakes.

Nutritional Information: Calories - 610, Total Fat - 27g, Cholesterol - 325mg, Sodium - 990mg, Total Carbs - 71g, Dietary Fiber - 1g, Protein - 20g

19. All American Breakfast (2 Eggs, 3 Sausage Links, Hashbrown)

Traditional breakfast favorite!

Nutritional Information: Calories - 560, Total Fat - 51g, Cholesterol - 285mg, Sodium - 930mg, Total Carbs - 15g, Dietary Fiber - 1g, Protein - 18g

20. Skillet Omelet, 3 Sausage Links, 2 Mini Blueberry Muffins

Omelet filled with ham, cheese, onions and peppers.

Nutritional Information: Calories - 590, Total Fat - 40g, Cholesterol - 245mg, Sodium - 1120mg, Total Carbs - 40g, Dietary Fiber - 1g, Protein - 18g

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1. Vegetable Beef Stew, Mashed Sweet Potatoes, Green Beans, **Snack Bar**
2. Turkey & Stuffing, Redskin Mashed Potatoes, Green Beans, **Roll, Peanut Butter**
3. Roast Beef, Mashed Potatoes, Peas & Carrots, **Roll, Peanut Butter**
4. Philly Cheese Steak Casserole, Corn, **Blueberry Lemon Bites**
5. Au Gratin Potatoes with Ham, Southwest Vegetables, **Snack Bar**
6. Chicken Breast Dinner, White Rice, Peas & Carrots, **Sandwich Crackers, Roll**
7. Chili, Chuckwagon Corn, **Butter, Honey Bun**
8. Mushroom Gravy w/Beef Patty, Mash'd Potatoes, Green Beans, **Roll, Blueberry Lemon Bites, Butter**
9. Lasagna, Diced Carrots, **Roll, Raisins**
10. BBQ Pulled Pork Sandwich, Baked Beans, Star Potatoes, **Blueberry Lemon Bites**
11. Chicken Alfredo, California Blend Vegetables, **Roll, Butter**
12. Chicken and Biscuit, California Blend Vegetables, **Sandwich Crackers, Raisins**
13. BBQ Boneless Wings, Star Potatoes, Chuckwagon Corn, **Cheese**
14. Tuna Noodle Casserole, Peas & Carrots, **Snack Bar, White Milk**
15. Breaded Fish & Hushpuppies, Carrots, Tartar Sauce, **Sandwich Crackers**
16. Pepperoni Pizza, Chicken Tender, & Ranch Dip, **Cheese**
17. French Toast Breakfast Sandwich, Breakfast Potatoes, Maple Syrup
18. (3) Pancakes, (1) Sausage Patty, Scrambled Eggs, Maple Syrup, **Butter**
19. All American Breakfast (2 Egg Patties, 3 Sausage Links, Hashbrown), **Butter, White Milk**
20. Skillet Omelet, (3) Sausage Links, (2) Mini Blueberry Muffins, **Applesauce**

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

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Dinner Roll

Nutritional Information: Calories- 170, Total Fat- 5, Cholesterol- 10mg, Sodium- 300mg, Total Carbs- 28g, Dietary Fiber- 0.8g, Protein- 4g

Butter (x2)

Nutritional Information: Calories- 35, Total Fat- 4g, Cholesterol- 10mg, Sodium- 30mg, Total Carbs- 0g, Dietary Fiber- 0g, Protein- 0g

Honey Bun

Nutritional Information: Calories- 230, Total Fat- 13g, Cholesterol- 0mg, Sodium- 170mg, Total Carbs- 26g, Dietary Fiber- 0g, Protein- 2g

Snack Bar

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

Raisins

Nutritional Information: Calories-120, Total Fat- 0g, Cholesterol- 0mg, Sodium- 10mg, Total Carbs- 30g, Dietary Fiber- 2g, Protein- 1g

Peanut Butter

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

Applesauce (All Varieties)

Nutritional Information: Calories-60, Total Fat-0g, Cholesterol- 0mg, Sodium- 10mg, Total Carbs- 15g, Dietary Fiber- 2g, Protein-0g

Nonfat Dry Milk

Nutritional Information: Calories-80, Total Fat- 0g, Cholesterol- 5mg, Sodium- 125mg, Total Carbs- 12g, Dietary Fiber- 0g, Protein- 8g

Sandwich Crackers

Nutritional Information: Calories-190, Total Fat- 9g, Cholesterol- 0mg, Sodium- 330 mg, Total Carbs- 24g, Dietary Fiber- 1g, Protein- 4g

String Cheese

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

Blueberry Lemon Bites

Nutritional Information: Calories-140, Total Fat-4.5g, Cholesterol- 5mg, Sodium- 90mg, Total Carbs- 23g, Dietary Fiber-1g, Protein-2g