

**Sister's Home Style Entrees****www.sistersentrees.com 1-515-332-1928****January, February & March 2025 – Extras NOT Included***All menu items are subject to change*

\*\*\*Meals have additional snacks and condiments as noted on the 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 in additions to other meals enjoyed in your home. Nutritional information for extras is listed on the back page\*\*\*

**1. Roast Beef with Brown Gravy, Mashed Potatoes, Corn**

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

**Nutritional Information:** Calories - 370, Total Fat - 7g, Cholesterol - 75mg, Sodium - 1210mg, Total Carbs - 34g, Dietary Fiber - 2g, Protein - 37g**2. Porcupine Meatballs, Mashed Potatoes, Southwest Vegetables**

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

**Nutritional Information:** Calories - 490, Total Fat - 18g, Cholesterol - 105mg, Sodium - 780mg, Total Carbs - 52g, Dietary Fiber - 8g, Protein - 28g**3. Chicken with Country Gravy, Mashed Potatoes, Corn**

Breaded chicken breast topped with flavorful country gravy.

**Nutritional Information:** Calories - 430, Total Fat - 17g, Cholesterol - 50mg, Sodium - 1230mg, Total Carbs - 48g, Dietary Fiber - 3g, Protein - 18g**4. Chicken Noodle Soup, Corn Bread**

Just like homemade Soup to warm you up, served with Corn Bread on the side.

**Nutritional Information:** Calories - 320, Total Fat - 9g, Cholesterol - 45mg, Sodium - 1530mg, Total Carbs - 50g, Dietary Fiber - 2g, Protein - 11g**5. 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**6. 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**7. Swiss Steak, Mashed Potatoes, Diced Carrots**

A juicy Salisbury steak with a Mix of tomatoes &amp; peppers on top.

**Nutritional Information:** Calories - 300, Total Fat - 19g, Cholesterol - 40mg, Sodium - 890mg, Total Carbs - 30g, Dietary Fiber - 5g, Protein - 15g**8. Creamy Chicken on Wild Rice, Diced Carrots**

Chicken on Wild Rice with 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 - 360, Total Fat - 12g, Cholesterol - 40mg, Sodium - 1060mg, Total Carbs - 37g, Dietary Fiber - 9g, Protein - 25g

## 11. 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 - 1330mg, Total Carbs - 47g, Dietary Fiber - 5g, Protein - 17g

## 12. Pork Loin, Mashed Redskin Potatoes, Diced 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

## 13. BBQ Meatballs, Diced Redskin Potatoes, Peas & Carrots

Meatballs (pork & beef) tossed in tangy barbeque sauce.

**Nutritional Information:** Calories - 480, Total Fat - 24g, Cholesterol - 55mg, Sodium - 930mg, Total Carbs - 46g, Dietary Fiber - 6g, Protein - 20g

## 14. 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

## 15. Popcorn Shrimp, Potato Stars, Tartar Sauce

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

**Nutritional Information:** Calories - 420, Total Fat - 23g, Cholesterol - 80mg, Sodium - 920mg, Total Carbs - 42g, Dietary Fiber - 3g, Protein - 12g

## 16. Meatloaf Patty, Potato Stars, Mixed Vegetables

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

**Nutritional Information:** Calories - 310, Total Fat - 16g, Cholesterol - 40mg, Sodium - 600mg, Total Carbs - 24g, Dietary Fiber - 4g, Protein - 14g

## 17. 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

## 18. 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

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

A classic breakfast favorite!

**Nutritional Information:** Calories - 630, Total Fat - 34g, Cholesterol - 320mg, Sodium - 610mg, Total Carbs - 64g, Dietary Fiber - 3g, Protein - 20g

## 20. Egg Bake, (3) Sausage Links, (1) Mini Banana Nut Muffin

New delicious breakfast bake, including sausage, potatoes, and veggies.

**Nutritional Information:** Calories - 520, Total Fat - 39g, Cholesterol - 160mg, Sodium - 760mg, Total Carbs - 28g, Dietary Fiber - 1g, Protein - 17g

## January, February, March 2025 – Meal Sides

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

*\*\*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 in addition to other meals enjoyed in your home. Nutritional information for additional snacks and condiments are listed on this page\*\*\*

### **Dinner Roll**

**Nutritional Information:** Calories - 170, Total Fat - 5g, 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

### **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 - 240, Total Fat - 8g, Cholesterol - 0mg, Sodium - 50mg, Total Carbs - 41g, Dietary Fiber - 3g, Protein - 3g

### **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 - 120, Total Fat - 0g, Cholesterol - 0mg, Sodium - 10mg, Total Carbs - 30g, Dietary Fiber - 2g, Protein - 1g

### **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 - Chocolate**

**Nutritional Information:** Calories-90, Total Fat- 0g, Cholesterol- 5mg, Sodium- 125mg, Total Carbs- 19g, Dietary Fiber- 0g, Protein- 4g

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