

# Nutritional Information

\$6.00 Pick-up / \$8.00 Delivered

## Sister's Home Style Entrees

[www.sistersentrees.com](http://www.sistersentrees.com)

515-332-1928

### July, August, September 2019 – 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 are listed on back page\*\*\*

#### 1. Vegetable Beef Soup, Mashed Potatoes, Mixed Vegetables

Hearty soup with vegetables, potatoes and beef.

**Nutritional Information:** Calories- 320, Total Fat- 4 g, Cholesterol- 40 mg, Sodium- 890 mg, Total Carbs- 45 g, Dietary Fiber- 5 g, Protein- 24 g

#### 2. Chicken Tetrazzini, Edamame Blend Vegetables

Chicken and pasta in a mushroom sauce with mozzarella cheese, onions & green peppers.

**Nutritional Information:** Calories- 530, Total Fat-17 g, Cholesterol- 50 mg, Sodium- 630 mg, Total Carbs- 64 g, Dietary Fiber- 9 g, Protein- 30 g

#### 3. Roast Beef with Gravy, Mashed Potatoes, Carrots

All-time favorite beef covered in gravy with mashed potatoes.

**Nutritional Information:** Calories- 360, Total Fat- 7 g, Cholesterol- 75 mg, Sodium- 1400 mg, Total Carbs- 34 g, Dietary Fiber- 3 g, Protein- 36 g

#### 4. Lasagna, Green Beans

Traditional dish you are sure to love!

**Nutritional Information:** Calories- 430, Total Fat- 14 g, Cholesterol- 45 mg, Sodium- 910 mg, Total Carbs- 40 g, Dietary Fiber- 7 g, Protein- 31 g

#### 5. BBQ Pork Loin, Cheesy Hash Browns, Baked Beans

Tender pork loin covered in barbeque sauce.

**Nutritional Information:** Calories- 600, Total Fat- 30 g, Cholesterol- 115 mg, Sodium-1550 mg, Total Carbs- 37 g, Dietary Fiber- 5 g, Protein- 36 g

#### 6. Chili Cheese Dog Casserole, Mixed Vegetables

A classic chili cheese dog made into a delicious dish.

**Nutritional Information:** Calories- 350, Total Fat- 15 g, Cholesterol- 40 mg, Sodium- 970 mg, Total Carbs- 33 g, Dietary Fiber- 5 g, Protein- 21 g

#### 7. Macaroni & Cheese with Chicken, Broccoli

Mac & cheese made with a twist. A favorite with kids and adults.

**Nutritional Information:** Calories- 360, Total Fat- 5 g, Cholesterol- 30 mg, Sodium- 670 mg, Total Carbs- 56 g, Dietary Fiber- 4 g, Protein- 20 g

## **8. Goulash, Edamame Blend Vegetables**

Hearty beef, tomato and pasta classic dish.

**Nutritional Information:** Calories- 400, Total Fat- 10 g, Cholesterol- 30 mg, Sodium- 450 mg, Total Carbs- 51 g, Dietary Fiber- 10 g, Protein- 28 g

## **9. Italian Meatballs with Marinara Sauce & Mozz Cheese, Edamame Vegetables**

Chicken meatballs tossed in marinara sauce.

**Nutritional Information:** Calories- 500, Total Fat- 26 g, Cholesterol- 125 mg, Sodium- 520 mg, Total Carbs- 31 g, Dietary Fiber- 11 g, Protein- 34 g

## **10. Beef & Bean Burrito, Fiesta Rice, Southwest Blend Vegetables**

Beef & bean burrito smothered in enchilada sauce topped with cheese.

**Nutritional Information:** Calories- 520, Total Fat- 20 g, Cholesterol- 30 mg, Sodium- 1260 mg, Total Carbs- 69 g, Dietary Fiber- 9 g, Protein- 18 g

## **11. Meatloaf, Mashed Potatoes, Corn**

Deb's homemade meatloaf with mashed potatoes.

**Nutritional Information:** Calories- 480, Total Fat- 15 g, Cholesterol- 90 mg, Sodium- 960 mg, Total Carbs- 58 g, Dietary Fiber- 3 g, Protein- 28 g

## **12. Chicken N' Swiss, Redskin Mashed Potatoes, Asparagus**

Chicken breast with swiss cheese glazed with alfredo sauce. Great flavor!

**Nutritional Information:** Calories- 320, Total Fat- 16 g, Cholesterol- 80 mg, Sodium- 1170 mg, Total Carbs- 22 g, Dietary Fiber- 2 g, Protein- 22 g

## **13. Garlic & Herb Fish Fillet, Garden Vegetable Rice, Sweet Potato Cubes**

Seasoned pollock served on garden vegetable rice.

**Nutritional Information:** Calories- 370, Total Fat- 11 g, Cholesterol- 55, Sodium- 1270 mg, Total Carbs- 49 g, Dietary Fiber- 3 g, Protein- 18 g

## **14. Breaded Fish Fillet, Tartar Sauce, Parsley Potatoes, Southwest Blend Vegetables**

Lightly breaded pollock with cheese and a side of tartar sauce.

**Nutritional Information:** Calories- 500, Total Fat- 21 g, Cholesterol- 60 mg, Sodium- 910 mg, Total Carbs- 57 g, Dietary Fiber- 8 g, Protein- 22 g

## **15. Breaded Boneless Chicken Thigh, Redskin Mashed Potatoes, Southwest Vegetables**

Good old fashion fried chicken.

**Nutritional Information:** Calories- 350, Total Fat- 14 g, Cholesterol- 50 mg, Sodium- 940 mg, Total Carbs- 38 g, Dietary Fiber- 7 g, Protein- 20 g

### **16. Chicken Salad Slider, Macaroni Salad**

Gourmet chicken salad served with a bun and delicious macaroni salad.

**Nutritional Information:** Calories- 700, Total Fat- 37 g, Cholesterol-60 mg, Sodium- 1060 mg, Total Carbs- 77 g, Dietary Fiber- 4 g, Protein- 21 g

### **17. Cheeseburger Patty, Sweet Potato Cubes**

Classic hamburger served with cheese and sweet potato cubes.

**Nutritional Information:** Calories- 490, Total Fat- 33 g, Cholesterol- 90 mg, Sodium- 830 mg, Total Carbs- 25 g, Dietary Fiber- 2 g, Protein- 25 g

### **18. Breakfast Skillet, Mini Blueberry Muffins**

Potatoes, sausage, scrambled eggs and cheese all put together for this delicious meal.

**Nutritional Information:** Calories- 550, Total Fat- 33 g, Cholesterol- 375 mg, Sodium- 1140 mg, Total Carbs-44 g, Dietary Fiber- 2 g, Protein- 21 g

### **19. English Muffin Sandwich, Hash Brown Triangle**

Sausage, egg and a slice of cheese inside an English muffin.

**Nutritional Information:** Calories- 600, Total Fat- 38 g, Cholesterol- 165 mg, Sodium- 1060 mg, Total Carbs- 45 g, Dietary Fiber- 3 g, Protein- 22 g

### **20. Buttermilk Waffle, Scrambled Eggs, Sausage Links, Syrup**

1 waffle with a side of scrambled eggs and sausage links.

**Nutritional Information:** Calories- 560, Total Fat- 30 g, Cholesterol- 115 mg, Sodium- 1550 mg, Total Carbs- 47 g, Dietary Fiber- 1 g, Protein- 17 g

## **July Aug Sept 2019 – Meal Extras**

1. Vegetable Beef Soup, Mashed Potatoes, Mixed Vegetables, **Roll, Butter, Cereal Bar**
2. Chicken Tetrazzini, Edamame Vegetables, **Roll**
3. Roast Beef with gravy, Mashed Potatoes, Carrots, **Roll, Fruit, String Cheese**
4. Lasagna, Green Beans, **Roll, Peanut Butter**
5. BBQ Pork Loin, Cheesy Hash Browns, Baked Beans, **Roll**

6. Chili Cheese Dog Casserole, Mixed Vegetables, **Snack Bar, String Cheese, Juice**
7. Macaroni and Cheese with Chicken, Broccoli, **Roll, Peanut Butter, Fruit**
8. Goulash, Edamame Vegetables, **Roll, Peanut Butter, Juice**
9. Italian Meatballs with Marinara Sauce & Mozzarella Cheese, Edamame Veg, **Snack Bar**
10. Beef & Bean Burrito, Fiesta Rice, Southwest Vegetables, **Snack Bar**
11. Meatloaf, Mashed Potatoes, Corn, **Cereal Bar**
12. Chicken N' Swiss, Redskin Mashed Potatoes, Asparagus, **Snack Bar, String Cheese, Peanut Butter**
13. Garlic & Herb Fish Fillet, Garden Vegetable Rice, Sweet Potato Cubes, **Snack Bar, Peanut Butter**
14. Breaded Fish Fillet, Tartar Sauce, Parsley Potatoes, Southwest Vegetables, **Roll**
15. Breaded Chicken Thigh, Redskin Mashed Potatoes, Southwest Vegetables, **String Cheese, Fruit, Juice**
16. Chicken Salad Slider, Macaroni Salad
17. Cheeseburger Patty, Sweet Potato Cubes, **Cereal Bar, Fruit**
18. Breakfast Skillet, Mini Blueberry Muffins, **Fruit, Juice**
19. English Muffin Sandwich, Hash Brown Triangle, **Juice**
20. Buttermilk Waffle, Scrambled Eggs, Sausage Links, Syrup, Butter, **Juice**

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

### **Dinner Roll**

**Nutritional Information:** Calories-100, Total Fat-1.5g, Cholesterol-0mg, Sodium-130 mg, Total Carbs-18 g, Dietary Fiber-1g, Protein-3g

### **Butter**

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

### **Juice (All Varieties)**

**Nutritional Information:** Calories-60, Total Fat-0g, Cholesterol- 0mg, Sodium- 15mg, Total Carbs-~15g, Dietary Fiber- 0g, Protein-1g

### **Fruit Cups (All Varieties)**

**Nutritional Information:** Calories-80, Total Fat-0g, Cholesterol- 0mg, Sodium- 0mg, Total Carbs- 19g, Dietary Fiber- 1g, Protein- 1g

### **Snack Bar**

**Nutritional Information:** Calories-150, Total Fat-3.5g, Cholesterol- 0mg, Sodium- 70mg, Total Carbs- 28g, Dietary Fiber- 1g, Protein-1g

### **String Cheese**

**Nutritional Information:** Calories-80, Total Fat-6g, Cholesterol- 15mg, Sodium- 210mg, Total Carbs-1g, Dietary Fiber-0g, Protein-7g

### **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-150, Total Fat-3.5g, Cholesterol- 0mg, Sodium- 95mg, Total Carbs- 30g, Dietary Fiber- 3g, Protein- 2g