

Sister's Home Style Entrees

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April, May & June 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. Chicken & Rice Casserole, Refried Beans, Southwest Vegetables

Popular Mexican style dish with chicken, rice and creamy cheese sauce.

Nutritional Information: Calories- 460, Total Fat- 14 g, Cholesterol- 70 mg, Sodium- 1050 mg, Total Carbs- 53 g, Dietary Fiber-8 g, Protein- 31 g

2. Spaghetti & Chicken Meatballs, Green Beans

Classic spaghetti with chicken meatballs, so good!

Nutritional Information: Calories- 490, Total Fat- 13 g, Cholesterol- 80 mg, Sodium- 780 mg, Total Carbs- 62 g, Dietary Fiber- 10 g, Protein- 24 g

3. Roast Beef with Gravy, Mashed Potatoes, Green Beans

Classic dinner that you are sure to love.

Nutritional Information: Calories- 380, Total Fat-7 g, Cholesterol-75 mg, Sodium- 1430 mg, Total Carbs- 37 g, Dietary Fiber- 3 g, Protein- 36 g

4. Church Meatballs, Redskin Mashed Potatoes, Mixed Vegetables

Just like old fashioned ham balls covered in a sweet glaze sauce.

Nutritional Information: Calories- 520, Total Fat- 15 g, Cholesterol- 80 mg, Sodium- 1030 mg, Total Carbs- 67 g, Dietary Fiber- 4g, Protein- 25 g

5. Creamy Mushroom Meatballs, Mashed Potatoes, Green Beans

Beef and pork meatballs covered in a thick and creamy mushroom gravy.

Nutritional Information: Calories- 530, Total Fat- 30 g, Cholesterol-60 mg, Sodium-1590 mg, Total Carbs- 41 g, Dietary Fiber-6 g, Protein- 23 g

6. Chicken w/Seasoned Gravy, Mashed Potatoes, Peas and Carrots

Chicken in a lemon seasoned gravy served with our tasty mashed potatoes.

Nutritional Information: Calories- 310, Total Fat- 5 g, Cholesterol- 50 mg, Sodium- 1670 mg, Total Carbs- 44 g, Dietary Fiber- 5 g, Protein- 22 g

7. Cheeseburger Chowder, Sunshine Carrots

Creamy cheese soup with hamburger and potatoes.

Nutritional Information: Calories- 300, Total Fat- 16 g, Cholesterol- 40 mg, Sodium- 930 mg, Total Carbs- 27 g, Dietary Fiber-5 g, Protein- 13 g

8. Macaroni & Cheese with Ham, Peas and Carrots

Macaroni and cheese with a twist. A favorite for kids and adults!

Nutritional Information: Calories- 300, Total Fat- 3 g, Cholesterol- 15 mg, Sodium- 790 mg, Total Carbs- 52 g, Dietary Fiber- 7 g, Protein- 14 g

9. Lasagna, Carrots

Traditional dish you are sure to love!

Nutritional Information: Calories- 420, Total Fat- 14 g, Cholesterol- 45 mg, Sodium-970 mg, Total Carbs- 43 g, Dietary Fiber- 8 g, Protein- 30 g

10. Chicken Alfredo, Broccoli

Simple and delicious Italian inspired dish.

Nutritional Information: Calories- 420, Total Fat- 16 g, Cholesterol- 70 mg, Sodium- 610 mg, Total Carbs- 42 g, Dietary Fiber- 3 g, Protein- 24 g

11. Baked Fish Fillet, Seasoned Rice, Sunshine Carrots

Baked Alaskan Pollock served on top of seasoned rice.

Nutritional Information: Calories- 400, Total Fat- 15 g, Cholesterol- 50 mg, Sodium- 830 mg, Total Carbs- 32 g, Dietary Fiber- 5 g, Protein- 18 g

12. Chicken Fried Rice with Sweet & Sour Sauce, Chicken Eggroll

Give this popular Asian dish a try!

Nutritional Information: Calories- 520, Total Fat- 3 g, Cholesterol-45 mg, Sodium-1280 mg, Total Carbs- 65 g, Dietary Fiber- 4 g, Protein- 25 g

13. Beef Enchilada Blanco, Mexican Rice, Corn

Corn tortilla filled with beef, topped with white cheese sauce for a flavorful twist!

Nutritional Information: Calories- 460, Total Fat- 17 g, Cholesterol- 50 mg, Sodium- 810 mg, Total Carbs- 59 g, Dietary Fiber- 5 g, Protein- 17 g

14. Breaded Chicken Tenders, Potato Rounds, Chuckwagon Corn

A simple dinner you will love.

Nutritional Information: Calories- 550, Total Fat-26 g, Cholesterol- 70 mg, Sodium- 1270 mg, Total Carbs- 48 g, Dietary Fiber- 3 g, Protein-32 g

15. BBQ Pork Patty, Red Potatoes, Peas & Carrots

Pork is grilled and covered in your favorite barbeque sauce.

Nutritional Information: Calories- 340, Total Fat- 13 g, Cholesterol- 40 mg, Sodium- 510 mg, Total Carbs- 42 g, Dietary Fiber- 4 g, Protein- 15 g

16. Hamburger Patty, Cheesy Hashbrowns, Corn

Juicy hamburger patty with yummy cheesy hashbrowns.

Nutritional Information: Calories- 370, Total Fat- 22 g, Cholesterol- 75 mg, Sodium- 630 mg, Total Carbs- 22 g, Dietary Fiber- 2 g, Protein- 20 g

17. Fish Sticks, Tartar Sauce, Potato Rounds, Corn

Lightly breaded Pollock fish sticks.

Nutritional Information: Calories- 440, Total Fat- 22 g, Cholesterol- 15 mg, Sodium- 940 mg, Total Carbs- 47 g, Dietary Fiber- 4 g, Protein- 11 g

18. Biscuit and Sausage Gravy, Scrambled Eggs

You could have this delicious meal for breakfast or for supper.

Nutritional Information: Calories- 510, Total Fat- 32 g, Cholesterol- 320 mg, Sodium- 1680 mg, Total Carbs- 38 g, Dietary Fiber- 1 g, Protein- 18 g

19. Pancakes, Sausage Links, Scrambled Eggs, Syrup

Start your day off right with this great breakfast.

Nutritional Information: Calories- 620, Total Fat- 30 g, Cholesterol- 255 mg, Sodium- 1120 mg, Total Carbs- 71 g, Dietary Fiber- 1 g, Protein- 18 g

20. Skillet Omelet, Sausage Links, Mini Blueberry Muffins

Omelet filled with ham, cheese, onions and peppers.

Nutritional Information: Calories- 620, Total Fat- 44 g, Cholesterol- 290 mg, Sodium- 1140 mg, Total Carbs- 40 g, Dietary Fiber- 1 g, Protein- 19 g

Meal Extra Nutritional information

Dinner Roll

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

Butter (2 portions)

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

Juice (All Varieties)

Nutritional Information: Calories-60, Total Fat-0g, Cholesterol- 0mg, Sodium- 0mg, Total Carbs- 14g, Dietary Fiber- 0g, Protein-1g

Applesauce (All Varieties)

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

Raisins

Nutritional Information: Calories-110, Total Fat-0g, Cholesterol- 0mg, Sodium- 0mg, Total Carbs- 27g, Dietary Fiber- 2g, Protein-1g

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

Cheese Crackers

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

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1. Chicken & Rice Casserole, Refried Beans, Southwest Vegetables, **String Cheese, Raisins**
2. Spaghetti with Chicken Meatballs, Green Beans, **Roll, Butter**
3. Roast Beef with Gravy, Mashed Potatoes, Green Beans, **Snack Bar**
4. Church Meatballs, Redskin Mashed Potatoes, Mixed Vegetables, **Cheese Cracker**
5. Creamy Mushroom Meatballs, Mashed Potatoes, Green Beans, **Raisins**
6. Chicken w/Seasoned Gravy, Mashed Potatoes, Peas & Carrots, **Butter, Snack Bar**
7. Cheeseburger Chowder, Sunshine Carrots, **Snack Bar, String Cheese**
8. Macaroni and Cheese with Ham, Peas & Carrots, **Roll, Peanut Butter, Cheese Cracker**
9. Lasagna, Carrots, **Peanut Butter, Roll**
10. Chicken Alfredo, Broccoli, **Roll, Butter, Applesauce**
11. Baked Fish Fillet, Seasoned Rice, Sunshine Carrots, **Roll, Butter, Juice**
12. Chicken Fried Rice with Sweet & Sour Sauce, Chicken Egg Roll, **Peanut Butter**
13. Beef Enchilada Blanco, Mexican Rice, Corn, **Cheese Crackers, Applesauce**
14. Breaded Chicken Tenders, Potato Rounds, Chuckwagon Corn, **Raisins**
15. BBQ Pork Patty, Red Potatoes, Peas and Carrots, **Snack Bar, Butter**
16. Hamburger Patty, Cheesy Hashbrowns, Corn, **Snack Bar**
17. Fish Sticks, Tartar Sauce, Potato Rounds, Corn, **String Cheese, Cheese Cracker**
18. Biscuit and Sausage Gravy, Scrambled Eggs, **Raisins**
19. Pancakes, Sausage Links, Scrambled Eggs, Syrup, **Butter**
20. Skillet Omelet, Sausage Links, Mini Blueberry Muffins, **Juice**

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