

**Sister's Home Style Entrees**

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**April, May & June 2021 – 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. Spaghetti with Meatballs, Green Beans**

Classic spaghetti and meatballs, so good!

**Nutritional Information:** Calories- 520, Total Fat- 20 g, Cholesterol- 40 mg, Sodium- 920 mg, Total Carbs- 59 g, Dietary Fiber 9 g, Protein- 20 g**2. 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- 1500 mg, Total Carbs- 37 g, Dietary Fiber- 3 g, Protein- 36 g**3. Church Meatballs, Redskin Mashed Potatoes, Mixed Vegetables**

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

**Nutritional Information:** Calories- 510, Total Fat- 17 g, Cholesterol- 90 mg, Sodium- 1100 mg, Total Carbs- 67 g, Dietary Fiber- 4g, Protein- 28 g**4. Chicken & Rice Casserole, Refried Beans, Southwest Vegetables**

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

**Nutritional Information:** Calories- 330, Total Fat- 9 g, Cholesterol- 40 mg, Sodium- 1030 mg, Total Carbs- 40 g, Dietary Fiber-7 g, Protein- 20 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-1670 mg, Total Carbs- 41 g, Dietary Fiber-6 g, Protein- 23 g**6. Beef Enchilada, Fiesta Rice, Corn**

Corn tortilla filled with meat, topped with sauce and cheese.

**Nutritional Information:** Calories- 500, Total Fat- 14 g, Cholesterol- 40 mg, Sodium- 1260 mg, Total Carbs- 76 g, Dietary Fiber- 10 g, Protein- 23 g**7. Chicken with 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- 6 g, Cholesterol- 45 mg, Sodium- 1770 mg, Total Carbs- 42 g, Dietary Fiber- 4 g, Protein- 20 g**8. Cheeseburger Soup, Broccoli**

Creamy cheese soup with hamburger, potatoes and vegetables.

**Nutritional Information:** Calories- 280, Total Fat- 14 g, Cholesterol- 50 mg, Sodium- 610 mg, Total Carbs- 21 g, Dietary Fiber-3 g, Protein- 16 g**9. Macaroni & Cheese with Ham, Peas and Carrots**

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

**Nutritional Information:** Calories- 350, Total Fat- 4 g, Cholesterol- 15 mg, Sodium- 640 mg, Total Carbs- 62 g, Dietary Fiber- 6 g, Protein- 16 g

## 10. Lasagna, Carrots

Traditional dish you are sure to love!

**Nutritional Information:** Calories- 340, Total Fat- 10 g, Cholesterol- 35 mg, Sodium-770 mg, Total Carbs- 35 g, Dietary Fiber-6 g, Protein- 23 g

## 11. Baked Fish Fillet, Mixed Vegetables, Seasoned Rice

Baked Alaskan Pollock served on top of seasoned rice.

**Nutritional Information:** Calories- 340, Total Fat- 3.5 g, Cholesterol- 65 mg, Sodium-750 mg, Total Carbs- 33 g, Dietary Fiber- 2 g, Protein- 24 g

## 12. Breaded Chicken Tenders, Potato Rounds, Chuckwagon Corn

A simple dinner you will love.

**Nutritional Information:** Calories- 590, Total Fat-27 g, Cholesterol- 70mg, Sodium- 1270 mg, Total Carbs- 51 g, Dietary Fiber-4 g, Protein-33 g

## 13. Chicken Fried Rice with Orange Sauce, Vegetable Eggroll

Give this Asian inspired dish a try!

**Nutritional Information:** Calories- 480, Total Fat- 6 g, Cholesterol-40 mg, Sodium-1240 mg, Total Carbs- 56 g, Dietary Fiber- 3 g, Protein- 19 g

## 14. BBQ Pork Patty, Red Potatoes, Peas & Carrots

Pork is grilled and covered in your favorite barbeque sauce.

**Nutritional Information:** Calories- 360, Total Fat- 18 g, Cholesterol- 60 mg, Sodium- 500 mg, Total Carbs- 31 g, Dietary Fiber- 3 g, Protein- 20 g

## 15. Hamburger Patty, Cheesy Hash Browns, Corn

Juicy hamburger patty with yummy cheesy hash browns.

**Nutritional Information:** Calories- 460, Total Fat- 28 g, Cholesterol- 100 mg, Sodium- 820 mg, Total Carbs-27 g, Dietary Fiber- 1 g, Protein- 26 g

## 16. Pepperoni Pizza, Broccoli Normandy

Personal pan pizza.

**Nutritional Information:** Calories- 380, Total Fat- 14 g, Cholesterol- 20 mg, Sodium- 760 mg, Total Carbs- 42 g, Dietary Fiber- 5 g, Protein- 18 g

## 17. Fish Sticks, Red Potatoes, Corn

Lightly breaded Pollock fish sticks.

**Nutritional Information:** Calories- 280, Total Fat- 4.5 g, Cholesterol- 30 mg, Sodium- 320 mg, Total Carbs- 46 g, Dietary Fiber- 2 g, Protein- 13 g

## 18. Biscuit and Gravy, Scrambled Eggs

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

**Nutritional Information:** Calories- 390, Total Fat- 21 g, Cholesterol- 320 mg, Sodium- 1280 mg, Total Carbs-33 g, Dietary Fiber- 1 g, Protein- 19 g

## 19. Pancakes, Sausage Links, Scrambled Eggs, Syrup

Start your day off right with this great breakfast.

**Nutritional Information:** Calories- 720, Total Fat- 41 g, Cholesterol- 295 mg, Sodium- 1250 mg, Total Carbs- 68 g, Dietary Fiber- 2 g, Protein- 25 g

## 20. Skillet Omelet, Potato Rounds

Omelet filled with ham, cheese, onions and peppers.

**Nutritional Information:** Calories- 280, Total Fat- 17 g, Cholesterol- 230 mg, Sodium- 810 mg, Total Carbs- 18 g, Dietary Fiber- 2 g, Protein- 12 g

## **Meal Extra Nutritional information**

### **Dinner Roll**

**Nutritional Information:** Calories-90, Total Fat-2g, Cholesterol-0mg, Sodium-125 mg, Total Carbs-17 g, Dietary Fiber-0g, Protein-3g

### **Butter**

**Nutritional Information:** Calories-70, Total Fat-8g, Cholesterol- 20mg, Sodium- 70mg, 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-50, Total Fat-0g, Cholesterol- 0mg, Sodium- 10mg, Total Carbs- 13g, Dietary Fiber- 1g, Protein-0g

### **Raisins**

**Nutritional Information:** Calories-110, Total Fat-0g, Cholesterol- 0mg, Sodium- 7mg, Total Carbs- 29g, Dietary Fiber- 2g, Protein-1g

### **Snack Bar**

**Nutritional Information:** Calories-150, Total Fat-3.5g, Cholesterol- 0mg, Sodium- 70mg, Total Carbs- 27g, Dietary Fiber- 2g, Protein-2g

### **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-130, Total Fat-10g, Cholesterol- 0mg, Sodium- 100mg, Total Carbs- 5g, Dietary Fiber- 1g, Protein-5g

### **Honey Bun**

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

### **Cereal Bar**

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

## April, May, June 2021 – Meal Extras

1. Spaghetti with Meatballs, Green Beans, **Roll, Butter**
2. Roast Beef with gravy, Mashed Potatoes, Green Beans, **Roll, Butter, String Cheese**
3. Church Balls, Redskin Mashed Potatoes, Mixed Vegetables, **Roll, Butter**
4. Chicken & Rice Casserole, Refried Beans, Southwest Vegetables, **Juice, Snack Bar, Raisins**
5. Creamy Mushroom Meatballs, Mashed Potatoes, Green Beans, **Snack Bar**
6. Beef Enchilada, Fiesta Rice, Corn, **Cereal Bar**
7. Chicken w/ Seasoned Gravy, Mashed Potatoes, Peas & Carrots, **Roll, Butter, Snack Bar**
8. Cheeseburger Soup, Broccoli, **Roll, Peanut Butter, Snack Bar**
9. Macaroni and Cheese with Ham, Peas & Carrots, **Roll, Peanut Butter, Juice**
10. Lasagna, Carrots, **Roll, Butter, Snack Bar**
11. Baked Fish Fillet, Mixed Vegetables, Seasoned Rice, **Raisins, Snack Bar, Fruit**
12. Chicken Tenders, Potato Rounds, Chuckwagon Corn, **Juice**
13. Chicken Fried Rice with Orange Sauce, Vegetable Eggroll, **Roll, String Cheese,**
14. BBQ Pork Patty, Red Potatoes, Peas and Carrots, **Roll, Peanut Butter, String Cheese**
15. Hamburger Patty, Cheesy Hash Browns, Corn, **Roll, Butter, Fruit**
16. Pepperoni Pizza, Broccoli Normandy, **Cereal Bar, Raisins**
17. Fish Sticks, Red Potatoes, Corn, **Snack Bar, Roll, Butter, Juice**
18. Biscuits and Gravy, Scrambled Eggs, **Cereal Bar, Fruit, Juice**
19. Pancakes, Sausage Links, Scrambled Eggs, Syrup, **Juice**
20. Skillet Omelet, Potato Rounds, **Fruit, Honey Bun, String Cheese**

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