

Sister's Home Style Entrees

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April, May & June 2022 – 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- 16 g, Cholesterol- 85 mg, Sodium- 1050 mg, Total Carbs- 51 g, Dietary Fiber-7 g, Protein- 31 g**2. Spaghetti & Meatballs, Seasoned Green Beans**

Classic spaghetti with chicken meatballs, so good!

Nutritional Information: Calories- 730, Total Fat- 41 g, Cholesterol- 90 mg, Sodium- 1000 mg, Total Carbs- 63 g, Dietary Fiber- 10 g, Protein- 23 g**3. Roast Beef with Gravy, Mashed Potatoes, Seasoned Green Beans**

Classic dinner that you are sure to love.

Nutritional Information: Calories- 510, Total Fat-30 g, Cholesterol-85 mg, Sodium- 1240 mg, Total Carbs- 23 g, Dietary Fiber- 2 g, Protein- 35 g**4. Church Meatballs, Redskin Mashed Potatoes, Mixed Vegetables**

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

Nutritional Information: Calories- 600, Total Fat- 28 g, Cholesterol- 95 mg, Sodium- 1130 mg, Total Carbs- 66 g, Dietary Fiber- 4g, Protein- 28 g**5. Cheeseburger Chowder, Buttered Sunshine Carrots**

Creamy cheese soup with hamburger and potatoes.

Nutritional Information: Calories- 530, Total Fat- 42 g, Cholesterol- 50 mg, Sodium- 1160 mg, Total Carbs- 27 g, Dietary Fiber-5 g, Protein- 13 g**6. Creamy Mushroom Meatballs, Mashed Potatoes, Seasoned Green Beans**

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

Nutritional Information: Calories- 660, Total Fat- 53 g, Cholesterol-70 mg, Sodium-1390 mg, Total Carbs- 27 g, Dietary Fiber-5 g, Protein- 21 g**7. Chicken w/Seasoned Gravy, Mashed Potatoes, Buttered Peas and Carrots**

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

Nutritional Information: Calories- 440, Total Fat- 29 g, Cholesterol- 55 mg, Sodium- 1430 mg, Total Carbs- 28 g, Dietary Fiber- 4 g, Protein- 18 g**8. Macaroni & Cheese with Ham, Peas and Carrots**

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

Nutritional Information: Calories- 320, Total Fat- 2.5 g, Cholesterol- 15 mg, Sodium- 640 mg, Total Carbs- 55 g, Dietary Fiber- 7 g, Protein- 15 g**9. Lasagna, Carrots**

Traditional dish you are sure to love!

Nutritional Information: Calories- 330, Total Fat- 10 g, Cholesterol- 35 mg, Sodium-770 mg, Total Carbs- 35 g, Dietary Fiber- 7 g, Protein- 23 g

10. Chicken Alfredo, Broccoli

Simple and delicious Italian inspired dish.

Nutritional Information: Calories- 420, Total Fat- 15 g, Cholesterol- 80 mg, Sodium- 770 mg, Total Carbs- 42 g, Dietary Fiber- 3 g, Protein- 26 g

11. Baked Fish Fillet, Seasoned Rice, Sunshine Carrots

Baked Alaskan Pollock served on top of seasoned rice.

Nutritional Information: Calories- 390, Total Fat- 14 g, Cholesterol- 55 mg, Sodium- 690 mg, Total Carbs- 30 g, Dietary Fiber- 5 g, Protein- 17 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- 64 g, Dietary Fiber- 3 g, Protein- 24 g

13. Beef Enchilada, Mexican Rice, Corn

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

Nutritional Information: Calories- 490, Total Fat- 13 g, Cholesterol- 40 mg, Sodium- 1080 mg, Total Carbs- 75 g, Dietary Fiber- 6 g, Protein- 20 g

14. Breaded Chicken Tenders, Potato Rounds, Chuckwagon Corn

A simple dinner you will love.

Nutritional Information: Calories- 580, Total Fat-27 g, Cholesterol- 70 mg, Sodium- 1270 mg, Total Carbs- 48 g, Dietary Fiber- 3 g, Protein-33 g

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

Pork is grilled and covered in your favorite barbeque sauce.

Nutritional Information: Calories- 390, Total Fat- 17 g, Cholesterol- 55 mg, Sodium- 560 mg, Total Carbs- 43 g, Dietary Fiber- 4 g, Protein- 19 g

16. Fish Sticks, Tartar Sauce, Potato Rounds, Buttered Corn

Lightly breaded Pollock fish sticks.

Nutritional Information: Calories- 540, Total Fat- 31 g, Cholesterol- 40 mg, Sodium- 820 mg, Total Carbs- 52 g, Dietary Fiber- 2 g, Protein- 13 g

17. Hamburger Patty, Cheesy Hashbrowns, Buttered Corn

Juicy hamburger patty with yummy cheesy hashbrowns.

Nutritional Information: Calories- 570, Total Fat- 42 g, Cholesterol- 105 mg, Sodium- 890 mg, Total Carbs- 26 g, Dietary Fiber- 1 g, Protein- 26 g

18. Biscuit and Gravy, Scrambled Eggs

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

Nutritional Information: Calories- 520, Total Fat- 33 g, Cholesterol- 320 mg, Sodium- 1440 mg, Total Carbs- 36 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- 620, Total Fat- 31 g, Cholesterol- 280 mg, Sodium- 1090 mg, Total Carbs- 68 g, Dietary Fiber- 2 g, Protein- 22 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- 1120 mg, Total Carbs- 38 g, Dietary Fiber- 1 g, Protein- 23 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 (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- 15mg, Total Carbs- 15g, Dietary Fiber- 0g, Protein-1g

Applesauce (All Varieties)

Nutritional Information: Calories-60, Total Fat-0g, Cholesterol- 0mg, Sodium- 10mg, Total Carbs- 13g, Dietary Fiber- 2g, 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-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- 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

Cheese Crackers

Nutritional Information: Calories-130, Total Fat-6g, Cholesterol- 0mg, Sodium-220mg, Total Carbs-16g, Dietary Fiber-1g, Protein-2g

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