

# Nutritional Information

\$6.50 Pick-up / \$8.50 Delivered

## Sister's Home Style Entrees

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

515-332-1928

**July, August, September 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. Hot Turkey Dinner, Mashed Potatoes, Gravy, Peas & Carrots

Turkey and gravy on a slice of bread with mashed potatoes.

**Nutritional Information:** Calories- 390, Total Fat- 14 g, Cholesterol- 40 mg, Sodium- 1850 mg, Total Carbs- 43 g, Dietary Fiber- 5 g, Protein- 22 g

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

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

**Nutritional Information:** Calories- 400, Total Fat- 18 g, Cholesterol- 80 mg, Sodium- 1170 mg, Total Carbs- 25 g, Dietary Fiber- 2 g, Protein- 35 g

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

Tender pork loin covered in barbeque sauce.

**Nutritional Information:** Calories- 580, Total Fat- 24 g, Cholesterol- 100 mg, Sodium- 1960 mg, Total Carbs- 59 g, Dietary Fiber- 5 g, Protein- 35 g

### 4. Chicken Tetrazzini, Carrots

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

**Nutritional Information:** Calories- 360, Total Fat- 9 g, Cholesterol- 50 mg, Sodium- 830 mg, Total Carbs- 45 g, Dietary Fiber- 6 g, Protein- 22 g

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

A classic chili cheese dog made into a delicious dish with a cornbread bowl

**Nutritional Information:** Calories- 520, Total Fat- 20 g, Cholesterol- 65 mg, Sodium- 1190 mg, Total Carbs- 61 g, Dietary Fiber- 6 g, Protein- 24 g

### 6. Lasagna, Buttered Green Beans

Traditional dish you are sure to love!

**Nutritional Information:** Calories- 570, Total Fat- 38 g, Cholesterol- 45 mg, Sodium- 960 mg, Total Carbs- 33 g, Dietary Fiber- 6 g, Protein- 25 g

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

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

**Nutritional Information:** Calories- 320, Total Fat- 4 g, Cholesterol- 40 mg, Sodium- 750 mg, Total Carbs- 46 g, Dietary Fiber- 4 g, Protein- 20 g

### 8. Italian Meatballs w/Marinara Sauce & Mozzarella Cheese, Peas & Carrots

Chicken meatballs tossed in marinara sauce.

**Nutritional Information:** Calories- 460, Total Fat- 23 g, Cholesterol- 125 mg, Sodium- 690 mg, Total Carbs- 32 g, Dietary Fiber- 9 g, Protein- 31 g

### 9. Goulash, Buttered Mixed Vegetables

Hearty beef, tomato, and pasta dish.

**Nutritional Information:** Calories- 480, Total Fat- 30 g, Cholesterol- 30 mg, Sodium- 1100 mg, Total Carbs- 38 g, Dietary Fiber- 5 g, Protein- 18 g

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

Deb's homemade meatloaf with mashed potatoes.

**Nutritional Information:** Calories- 500, Total Fat- 26 g, Cholesterol- 95 mg, Sodium- 590 mg, Total Carbs- 42 g, Dietary Fiber- 2 g, Protein- 27 g

## **11. Taco Tots, Spanish Rice, Southwest Vegetables**

Potato Rounds topped with a Seasoned Beef & Bean Mix, topped with cheese.

**Nutritional Information:** Calories- 610, Total Fat- 31 g, Cholesterol- 90 mg, Sodium- 1290 mg, Total Carbs- 48 g, Dietary Fiber- 7 g, Protein- 35 g

## **12. Garlic & Herb Fish Fillet, Wild Rice, Sweet Potato Puffs**

Seasoned Pollock served on a bed of wild rice.

**Nutritional Information:** Calories- 360, Total Fat- 7 g, Cholesterol- 55 mg, Sodium- 780 mg, Total Carbs- 59 g, Dietary Fiber- 4 g, Protein- 18 g

## **13. Chicken N' Swiss, Redskin Mashed Potatoes, Buttered Green Beans**

Chicken breast with Swiss cheese. Great flavor!

**Nutritional Information:** Calories- 450, Total Fat- 33 g, Cholesterol- 65 mg, Sodium- 1090 mg, Total Carbs- 22 g, Dietary Fiber- 3 g, Protein- 18 g

## **14. Mongolian Style Beef, White Rice, Asian Sauce, Broccoli**

Flavorful Asian inspired dish with rice, beef strips, peppers and onions drizzled with our Asian sauce.

**Nutritional Information:** Calories- 330, Total Fat- 14 g, Cholesterol- 30 mg, Sodium- 960 mg, Total Carbs- 37 g, Dietary Fiber- 2 g, Protein- 10 g

## **15. Breaded Fish Fillet, Tartar Sauce, Parsley Potatoes, Chuckwagon Corn**

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

**Nutritional Information:** Calories- 530, Total Fat- 29 g, Cholesterol- 80 mg, Sodium- 820 mg, Total Carbs- 43 g, Dietary Fiber- 2 g, Protein- 26 g

## **16. Grilled Chicken Breast Patty, Redskin Mashed Potatoes, Southwest Vegetables**

Savory grilled Chicken Breast, with Redskin Mashed Potatoes.

**Nutritional Information:** Calories- 400, Total Fat- 26 g, Cholesterol- 70 mg, Sodium- 1070 mg, Total Carbs- 27 g, Dietary Fiber- 6 g, Protein- 18 g

## **17. Cheeseburger Patty, Sweet Potato Puffs, Buttered Green Beans**

Classic hamburger served with cheese.

**Nutritional Information:** Calories- 510, Total Fat- 37 g, Cholesterol- 80 mg, Sodium- 640 mg, Total Carbs- 27 g, Dietary Fiber- 4 g, Protein- 22 g

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

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

**Nutritional Information:** Calories- 710, Total Fat- 48 g, Cholesterol- 385 mg, Sodium- 1300 mg, Total Carbs- 52 g, Dietary Fiber- 1 g, Protein- 26 g

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

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

**Nutritional Information:** Calories- 580, Total Fat- 32 g, Cholesterol- 375 mg, Sodium- 1140 mg, Total Carbs- 52 g, Dietary Fiber- 2 g, Protein- 21 g

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

Chicken Sausage Patty, Egg and a slice of Cheese inside an English muffin.

**Nutritional Information:** Calories- 540, Total Fat- 30 g, Cholesterol- 185 mg, Sodium- 1110 mg, Total Carbs- 44 g, Dietary Fiber- 3 g, Protein- 26 g

## July Aug Sept 2022 – Meal Extras

1. Hot Turkey Dinner, Mashed Potatoes, Gravy, Peas & Carrots, **Cheese Cracker, String Cheese**
2. Roast Beef with Gravy, Mashed Potatoes, Carrots, **Roll, Cheese Crackers**
3. BBQ Pork Loin, Cheesy Hash Browns, Baked Beans, **String Cheese**
4. Chicken Tetrizzini, Carrots, **Roll, Peanut Butter, String Cheese**
5. Chili Cheese Dog Casserole, Mixed Vegetables, **Raisins**
6. Lasagna, Buttered Green Beans, **Roll**
7. Macaroni and Cheese with Chicken, Broccoli, **Snack Bar, Juice**
8. Italian Meatballs w/Marinara Sauce & Mozzarella Cheese, Peas & Carrots, **Cheese Crackers**
9. Goulash, Buttered Mixed Vegetables, **Roll, Butter, Applesauce**
10. Meatloaf, Mashed Potatoes, Corn, **Roll, Butter**
11. Taco Tots, Spanish Rice, Southwest Vegetables, **Cheese Crackers**
12. Garlic & Herb Fish Fillet, Wild Rice, Sweet Potato Puffs, **Snack Bar**
13. Chicken N' Swiss, Redskin Mashed Potatoes, Buttered Green Beans, **Roll, Peanut Butter**
14. Mongolian Style Beef, White Rice, Asian Sauce, Broccoli, **Snack Bar, String Cheese**
15. Breaded Fish Fillet, Tartar Sauce, Parsley Potatoes, Chuckwagon Corn, **Roll, Juice**
16. Grilled Chicken Breast Patty, Redskin Mashed Potatoes, Southwest Veg, **Snack Bar**
17. Cheeseburger Patty, Sweet Potato Puffs, Buttered Green Beans, **Raisins**
18. Buttermilk Waffle, Scrambled Eggs, Sausage Links, Syrup
19. Breakfast Skillet, Mini Blueberry Muffins, **Applesauce**
20. English Muffin Sandwich, Hash Brown Triangle, **Juice**

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

**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-50, Total Fat-0g, Cholesterol- 0mg, Sodium- 10mg, Total Carbs- 14g, Dietary Fiber- 0g, Protein-0g

**Applesauce (All Varieties)**

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

**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- 330 mg, Total Carbs- 24g, Dietary Fiber- 1g, Protein- 4g

**Raisins**

**Nutritional Information:** Calories-120, Total Fat- 0g, Cholesterol- 0mg, Sodium- 7 mg, Total Carbs- 29g, Dietary Fiber- 2g, Protein- 1g