

# Nutritional Information

\$6.75 Pick-up / \$8.75 Delivered

## Sister's Home Style Entrees

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

515-332-1928

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

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

**Nutritional Information:** Calories- 380, Total Fat- 3.5 g, Cholesterol- 30 mg, Sodium- 2170 mg, Total Carbs- 58 g, Dietary Fiber- 6 g, Protein- 25 g

#### 2. Chili Cheese Dog, Potato Rounds, Mixed Vegetables

A classic chili cheese dog made into a delicious dish with potato rounds on the side.

**Nutritional Information:** Calories- 580, Total Fat- 35 g, Cholesterol- 70 mg, Sodium- 1990 mg, Total Carbs- 42 g, Dietary Fiber- 9 g, Protein- 24 g

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

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

**Nutritional Information:** Calories- 380, Total Fat- 7 g, Cholesterol- 75 mg, Sodium- 1470 mg, Total Carbs- 39 g, Dietary Fiber- 3 g, Protein- 36 g

#### 4. Garlic & Herb Fish Fillet, Wild Rice, Mashed Sweet Potatoes, Mixed Veggies

Seasoned Pollock served on a bed of wild rice with mashed sweet potatoes.

**Nutritional Information:** Calories- 360, Total Fat- 6 g, Cholesterol- 60 mg, Sodium- 900 mg, Total Carbs- 44 g, Dietary Fiber- 6 g, Protein- 21 g

#### 5. BBQ Pork Loin, Cheesy Hashbrowns, Baked Beans

Tender pork loin covered in barbeque sauce.

**Nutritional Information:** Calories- 490, Total Fat- 17 g, Cholesterol- 75 mg, Sodium- 1810 mg, Total Carbs- 59 g, Dietary Fiber- 5 g, Protein- 29 g

#### 6. Chicken Tetrizzini, Carrots

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

**Nutritional Information:** Calories- 380, Total Fat- 10 g, Cholesterol- 45 mg, Sodium- 630 mg, Total Carbs- 48 g, Dietary Fiber- 4 g, Protein- 23 g

#### 7. Macaroni & Cheese with Chicken, Peas & Carrots

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

**Nutritional Information:** Calories- 330, Total Fat- 5 g, Cholesterol- 35 mg, Sodium- 570 mg, Total Carbs- 48 g, Dietary Fiber- 6 g, Protein- 21 g

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

Chicken meatballs tossed in marinara sauce.

**Nutritional Information:** Calories- 450, Total Fat- 23 g, Cholesterol- 130 mg, Sodium- 560 mg, Total Carbs- 31 g, Dietary Fiber- 11 g, Protein- 31 g

#### 9. Meatloaf, Mashed Potatoes, Corn

Deb's homemade meatloaf with mashed potatoes.

**Nutritional Information:** Calories- 440, Total Fat- 15 g, Cholesterol- 70 mg, Sodium- 890 mg, Total Carbs- 52 g, Dietary Fiber- 4 g, Protein- 22 g

## **10. Goulash, Mixed Vegetables**

Hearty beef, tomato, and pasta dish.

**Nutritional Information:** Calories- 250, Total Fat- 4.5 g, Cholesterol- 20 mg, Sodium- 1170 mg, Total Carbs- 38 g, Dietary Fiber- 8 g, Protein- 14 g

## **11. Lasagna, Green Beans**

Traditional dish you are sure to love!

**Nutritional Information:** Calories- 310, Total Fat- 11 g, Cholesterol- 35 mg, Sodium- 970 mg, Total Carbs- 27 g, Dietary Fiber- 7 g, Protein- 21 g

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

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

**Nutritional Information:** Calories- 420, Total Fat- 17 g, Cholesterol- 45 mg, Sodium- 1360 mg, Total Carbs- 49 g, Dietary Fiber- 9 g, Protein- 19 g

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

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

**Nutritional Information:** Calories- 540, Total Fat- 29 g, Cholesterol- 85 mg, Sodium- 900 mg, Total Carbs- 46 g, Dietary Fiber- 2 g, Protein- 26 g

## **14. Mongolian Style Beef, White Rice, Asian Sauce, Vegetable Egg Rolls (2)**

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

**Nutritional Information:** Calories- 480, Total Fat- 19 g, Cholesterol- 35 mg, Sodium- 1640 mg, Total Carbs- 60 g, Dietary Fiber- 3 g, Protein- 15 g

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

Savory grilled Chicken Breast, with Redskin Mashed Potatoes.

**Nutritional Information:** Calories- 310, Total Fat- 15 g, Cholesterol- 65 mg, Sodium- 980 mg, Total Carbs- 29 g, Dietary Fiber- 6 g, Protein- 18 g

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

Chicken breast with Swiss cheese. Great flavor!

**Nutritional Information:** Calories- 260, Total Fat- 8 g, Cholesterol- 60 mg, Sodium- 890 mg, Total Carbs- 26 g, Dietary Fiber- 3 g, Protein- 21 g

## **17. Cheeseburger Patty, Hashbrown Triangle, Green Beans**

Classic hamburger served with cheese.

**Nutritional Information:** Calories- 380, Total Fat- 27 g, Cholesterol- 75 mg, Sodium- 610 mg, Total Carbs- 16 g, Dietary Fiber- 3 g, Protein- 22 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- 31 g, Cholesterol- 375 mg, Sodium- 1140 mg, Total Carbs- 50 g, Dietary Fiber- 1 g, Protein- 20 g

## **19. English Muffin Sandwich, Hashbrown Triangle**

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

**Nutritional Information:** Calories- 530, Total Fat- 31 g, Cholesterol- 185 mg, Sodium- 1160 mg, Total Carbs- 42 g, Dietary Fiber- 3 g, Protein- 25 g

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

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

**Nutritional Information:** Calories- 720, Total Fat- 46 g, Cholesterol- 410 mg, Sodium- 1290 mg, Total Carbs- 58 g, Dietary Fiber- 0 g, Protein- 22 g

## **July Aug Sept 2023 – Meal Extras**

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

*\*\*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-120 mg, Total Carbs-17 g, Dietary Fiber-0g, Protein-3g

**Whipped Butter (1 cup)**

**Nutritional Information:** Calories-35, Total Fat-4g, Cholesterol- 10mg, Sodium- 30mg, Total Carbs- 0 g, Dietary Fiber- 0g, Protein-0g

**Juice (All Varieties)**

**Nutritional Information:** Calories-60, Total Fat-0g, Cholesterol- 0mg, Sodium- 10mg, Total Carbs- 15g, 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- 10mg, Total Carbs- 30g, Dietary Fiber- 2g, Protein- 1g

**Nonfat Dry Milk**

**Nutritional Information:** Calories-80, Total Fat- 0g, Cholesterol- 5mg, Sodium- 125mg, Total Carbs- 12g, Dietary Fiber- 0g, Protein- 8g

**Nonfat Dry Milk - Chocolate**

**Nutritional Information:** Calories-90, Total Fat- 0g, Cholesterol- 5mg, Sodium- 125mg, Total Carbs- 19g, Dietary Fiber- 0g, Protein- 4g