

Sister's Home Style Entrees

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April, May & June 2024 – 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 queso cheese sauce.

Nutritional Information: Calories- 480, Total Fat- 14 g, Cholesterol- 70 mg, Sodium- 1050 mg, Total Carbs- 57 g, Dietary Fiber-8 g, Protein- 31 g

2. Spaghetti & Chicken Meatballs, Green Beans

Classic spaghetti with chicken meatballs, so good!

Nutritional Information: Calories- 480, Total Fat- 13 g, Cholesterol- 80 mg, Sodium- 730 mg, Total Carbs- 60 g, Dietary Fiber- 9 g, Protein- 24 g

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

Classic dinner that you are sure to love.

Nutritional Information: Calories- 390, Total Fat-12 g, Cholesterol-100 mg, Sodium- 1270 mg, Total Carbs- 31 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- 440, Total Fat- 14 g, Cholesterol- 80 mg, Sodium- 1150 mg, Total Carbs- 55 g, Dietary Fiber- 6g, Protein- 26 g

5. Creamy Mushroom Meatballs, Mashed Potatoes, Green Beans

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

Nutritional Information: Calories- 540, Total Fat- 35 g, Cholesterol-85 mg, Sodium-1410 mg, Total Carbs- 35 g, Dietary Fiber-6 g, Protein- 22 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- 330, Total Fat- 10 g, Cholesterol-70 mg, Sodium- 1480 mg, Total Carbs- 38 g, Dietary Fiber- 5 g, Protein- 22 g

7. Baked Fish Fillet, Fried Rice, California Blend Vegetables

Baked Alaskan Pollock served on top of fried rice.

Nutritional Information: Calories- 430, Total Fat- 2.5 g, Cholesterol- 55 mg, Sodium- 790 mg, Total Carbs- 44 g, Dietary Fiber- 4 g, Protein- 21 g

8. Macaroni & Cheese with Ham, Peas and Carrots

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

Nutritional Information: Calories- 270, Total Fat- 2 g, Cholesterol- 15 mg, Sodium- 600 mg, Total Carbs- 48 g, Dietary Fiber- 7 g, Protein- 14 g

9. Lasagna, Carrots

Traditional dish you are sure to love!

Nutritional Information: Calories- 350, Total Fat- 12 g, Cholesterol- 40 mg, Sodium-1020 mg, Total Carbs- 37 g, Dietary Fiber- 9 g, Protein- 23 g

10. Chicken Alfredo, California Blend Vegetables

Simple and delicious.

Nutritional Information: Calories- 410, Total Fat- 18 g, Cholesterol- 70 mg, Sodium- 640 mg, Total Carbs- 42 g, Dietary Fiber- 4 g, Protein- 25 g

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

Give this popular Asian dish a try!

Nutritional Information: Calories- 580, Total Fat- 11 g, Cholesterol-45 mg, Sodium-1540 mg, Total Carbs- 73 g, Dietary Fiber- 3 g, Protein- 24 g

12. Smothered Burrito, Mexican Rice, Corn

Beef & Bean Burrito topped with Queso Cheese Sauce for a flavorful twist!

Nutritional Information: Calories- 510, Total Fat- 19 g, Cholesterol- 30 mg, Sodium- 1100 mg, Total Carbs- 66 g, Dietary Fiber- 5 g, Protein- 15 g

13. Cheeseburger Soup, California Blend Vegetables

Creamy cheese soup with hamburger and potatoes.

Nutritional Information: Calories- 270, Total Fat- 16 g, Cholesterol- 40 mg, Sodium- 880 mg, Total Carbs- 19 g, Dietary Fiber-3 g, Protein- 13 g

14. Breaded Chicken Tenders, Mini Potato Mashers, Chuckwagon Corn

A simple dinner you will love.

Nutritional Information: Calories- 560, Total Fat-26 g, Cholesterol- 70 mg, Sodium- 1130 mg, Total Carbs- 49 g, Dietary Fiber- 3 g, Protein-33 g

15. Hamburger Patty, Cheesy Hashbrowns, Corn

Juicy hamburger patty with yummy cheesy hashbrowns.

Nutritional Information: Calories- 470, Total Fat- 31 g, Cholesterol- 80 mg, Sodium- 680 mg, Total Carbs- 23 g, Dietary Fiber- 2 g, Protein- 20 g

16. Fish Sticks, Tartar Sauce, Mini Potato Mashers, Corn

Lightly breaded fish sticks.

Nutritional Information: Calories- 470, Total Fat- 22 g, Cholesterol- 20 mg, Sodium- 850 mg, Total Carbs- 55 g, Dietary Fiber-5 g, Protein- 13 g

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

Pork Patty with a favorable BBQ sauce.

Nutritional Information: Calories- 330, Total Fat- 18 g, Cholesterol- 30 mg, Sodium- 450 mg, Total Carbs- 29 g, Dietary Fiber- 6 g, Protein- 14 g

18. Biscuit and Sausage Gravy, Scrambled Eggs

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

Nutritional Information: Calories- 520, Total Fat- 30 g, Cholesterol- 440 mg, Sodium- 1590 mg, Total Carbs- 39 g, Dietary Fiber- 1 g, Protein- 21 g

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

Start your day off right with this great breakfast.

Nutritional Information: Calories- 630, Total Fat- 26 g, Cholesterol- 455 mg, Sodium- 1250 mg, Total Carbs- 73 g, Dietary Fiber- 1 g, Protein- 26 g

20. Skillet Omelet, Maple Sausage Links, Mini Blueberry Muffins

Omelet filled with ham, cheese, onions, and peppers.

Nutritional Information: Calories- 530, Total Fat- 31 g, Cholesterol- 245 mg, Sodium- 1340 mg, Total Carbs- 41 g, Dietary Fiber- 1 g, Protein- 21 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 (1 portion)

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

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

Sandwich Crackers

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

Nonfat Dry Milk

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

April, May, June 2024 – Meal Extras

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

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