

# 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 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. Country Gravy w/Chicken & Potato Dish

Redskin mashed potatoes, breaded chicken pieces, corn & country gravy together makes for a comfort food dish.

**Nutritional Information:** Calories- 500, Total Fat- 16 g, Cholesterol- 65 mg, Sodium- 1950 mg, Total Carbs- 61 g, Dietary Fiber- 4 g, Protein- 28 g

#### 2. 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- 9 g, Cholesterol- 50 mg, Sodium- 1810 mg, Total Carbs- 51 g, Dietary Fiber- 6 g, Protein- 23 g

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

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

**Nutritional Information:** Calories- 390, Total Fat- 12 g, Cholesterol- 100 mg, Sodium- 1310 mg, Total Carbs- 32 g, Dietary Fiber- 4 g, Protein- 36 g

#### 4. Mongolian Style Beef, White Rice, Mongolian Sauce, (2)Vegetable Egg Rolls

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

**Nutritional Information:** Calories- 620, Total Fat- 19 g, Cholesterol- 35 mg, Sodium- 2250 mg, Total Carbs- 91 g, Dietary Fiber- 4 g, Protein- 18 g

#### 5. 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- 370, Total Fat- 6 g, Cholesterol- 60 mg, Sodium- 790 mg, Total Carbs- 48 g, Dietary Fiber- 6 g, Protein- 21 g

#### 6. Chili Cheese Dog, Mini Potato Mashers, Mixed Vegetables

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

**Nutritional Information:** Calories- 560, Total Fat- 34 g, Cholesterol- 70 mg, Sodium- 1780 mg, Total Carbs- 40 g, Dietary Fiber- 8 g, Protein- 24 g

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

Tender pork loin covered in barbeque sauce.

**Nutritional Information:** Calories- 500, Total Fat- 17 g, Cholesterol- 75 mg, Sodium- 2410 mg, Total Carbs- 61 g, Dietary Fiber- 5 g, Protein- 29 g

#### 8. Goulash, Apple Pie Log

Hearty beef, tomato, and pasta dish, served with a sweet treat.

**Nutritional Information:** Calories- 380, Total Fat- 10 g, Cholesterol- 30 mg, Sodium- 1020 mg, Total Carbs- 56 g, Dietary Fiber- 6 g, Protein- 15 g

#### 9. 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- 800 mg, Total Carbs- 31 g, Dietary Fiber- 10 g, Protein- 31 g

#### 10. White Cheddar Mac & Cheese with Chicken, California Blend Vegetables

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

**Nutritional Information:** Calories- 390, Total Fat- 15 g, Cholesterol- 65 mg, Sodium- 930 mg, Total Carbs- 39 g, Dietary Fiber- 5 g, Protein- 25 g

### **11. Meatloaf Dinner, Mashed Potatoes, Corn**

Deb's homemade meatloaf portioned into meatballs with mashed potatoes.

**Nutritional Information:** Calories- 450, Total Fat- 20 g, Cholesterol- 120 mg, Sodium- 690 mg, Total Carbs- 45 g, Dietary Fiber- 4 g, Protein- 21 g

### **12. Lasagna, California Blend Vegetables**

Traditional dish you are sure to love!

**Nutritional Information:** Calories- 340, Total Fat- 12 g, Cholesterol- 40 mg, Sodium- 980 mg, Total Carbs- 33 g, Dietary Fiber- 8 g, Protein- 24 g

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

Chicken breast with Swiss cheese. Great flavor!

**Nutritional Information:** Calories- 270, Total Fat- 7 g, Cholesterol- 70 mg, Sodium- 1250 mg, Total Carbs- 26 g, Dietary Fiber- 3 g, Protein- 26 g

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

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

**Nutritional Information:** Calories- 420, Total Fat- 18 g, Cholesterol- 45 mg, Sodium- 1360 mg, Total Carbs- 49 g, Dietary Fiber- 9 g, Protein- 19 g

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

Seasoned breaded chicken breast cutlet, with Redskin Mashed Potatoes.

**Nutritional Information:** Calories- 370, Total Fat- 16 g, Cholesterol- 50 mg, Sodium- 1000 mg, Total Carbs- 38 g, Dietary Fiber- 6 g, Protein- 18 g

### **16. 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- 24 g, Cholesterol- 65 mg, Sodium- 920 mg, Total Carbs- 56 g, Dietary Fiber- 3 g, Protein- 24 g

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

Classic hamburger served with cheese.

**Nutritional Information:** Calories- 480, Total Fat- 36 g, Cholesterol- 80 mg, Sodium- 660 mg, Total Carbs- 17 g, Dietary Fiber- 3 g, Protein- 21 g

### **18. Belgian Waffle, Scrambled Eggs, Maple Sausage Links, Maple Syrup**

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

**Nutritional Information:** Calories- 670, Total Fat- 35 g, Cholesterol- 490 mg, Sodium- 1370 mg, Total Carbs- 61 g, Dietary Fiber- 1 g, Protein- 27 g

### **19. Breakfast Skillet, 2 Mini Blueberry Muffins**

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

**Nutritional Information:** Calories- 540, Total Fat- 29 g, Cholesterol- 455 mg, Sodium- 960 mg, Total Carbs- 49 g, Dietary Fiber- 1 g, Protein- 22 g

### **20. English Muffin Breakfast Sandwich, Hashbrown Triangle**

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

**Nutritional Information:** Calories- 520, Total Fat- 29 g, Cholesterol- 180 mg, Sodium- 1100 mg, Total Carbs- 43 g, Dietary Fiber- 3 g, Protein- 28 g

## July Aug Sept 2024 – Meal Extras

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

*\*\*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

**Juice (All Varieties)**

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

**Snack Bar**

**Nutritional Information:** Calories-280, Total Fat-9g, Cholesterol- 5mg, Sodium- 170mg, Total Carbs- 46g, Dietary Fiber- 3g, Protein-4g

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

**Raisins/Craisins**

**Nutritional Information:** Calories-110, Total Fat- 0g, Cholesterol- 0mg, Sodium- 10mg, Total Carbs- 27g, Dietary Fiber- 2g, Protein- 1g