

## Sister's Home Style Entrees

www.sistersentrees.com 1-515-332-1928

**April, May & June 2025 – 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- 500, Total Fat- 16 g, Cholesterol- 70 mg, Sodium- 1550 mg, Total Carbs- 59 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- 570, Total Fat- 20 g, Cholesterol- 60 mg, Sodium- 1720 mg, Total Carbs- 67 g, Dietary Fiber- 5g, Protein- 28g

### **5. Broccoli Cheddar Soup, Cornbread**

Creamy broccoli with cheddar soup, paired with cornbread.

**Nutritional Information:** Calories- 440, Total Fat- 25 g, Cholesterol- 80 mg, Sodium- 1280 mg, Total Carbs- 42 g, Dietary Fiber-4 g, Protein- 13 g

### **6. 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

### **7. 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

### **8. Baked Fish Fillet, Fried Rice, California Blend Vegetables**

Baked Alaskan Pollock served on top of fried rice.

**Nutritional Information:** Calories- 340, Total Fat- 4 g, Cholesterol- 55 mg, Sodium- 1110 mg, Total Carbs- 56 g, Dietary Fiber- 5 g, Protein- 22 g

### **9. 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

## 10. Lasagna, Diced 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

## 11. Chicken Alfredo, California Blend Vegetables

Simple and delicious.

**Nutritional Information:** Calories- 410, Total Fat- 16 g, Cholesterol- 70 mg, Sodium- 640 mg, Total Carbs- 42 g, Dietary Fiber- 4 g, Protein- 25 g

## 12. Chicken Fried Rice with Sweet & Sour Sauce, Chicken Egg Roll

Give this popular Asian dish a try!

**Nutritional Information:** Calories- 550, Total Fat- 16 g, Cholesterol-60 mg, Sodium-1650 mg, Total Carbs- 74 g, Dietary Fiber- 3 g, Protein- 29 g

## 13. Smothered Burrito, Adobo Rice, Corn

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

**Nutritional Information:** Calories- 510, Total Fat- 21 g, Cholesterol- 30 mg, Sodium- 1150 mg, Total Carbs- 65 g, Dietary Fiber- 5 g, Protein- 15 g

## 14. Parmesan Crusted Crab Cake, Hashbrown, Mixed Vegetables, Tartar Sauce

A twist on original crab cake, these cakes are coated with a parmesan crust & a seafood mix inside.

**Nutritional Information:** Calories- 430, Total Fat- 24 g, Cholesterol- 30 mg, Sodium- 1300 mg, Total Carbs- 49 g, Dietary Fiber-5 g, Protein- 9 g

## 15. Breaded Chicken Tenders, Potato Stars, Chuckwagon Corn

A simple dinner you will love.

**Nutritional Information:** Calories- 550, Total Fat-28 g, Cholesterol- 80 mg, Sodium- 1060 mg, Total Carbs- 44 g, Dietary Fiber- 4 g, Protein-30 g

## 16. BBQ Pork Patty, Cheesy Hashbrowns, Peas & Carrots

Pork Patty with a favorable BBQ sauce, paired with everyone's favorite hashbrowns.

**Nutritional Information:** Calories- 410, Total Fat- 25 g, Cholesterol- 50 mg, Sodium- 830 mg, Total Carbs- 29 g, Dietary Fiber- 6 g, Protein- 16 g

## 17. Breakfast Bowl, Mini Blueberry Muffins

Hearty New Breakfast with Sausage, Potatoes, Scrambled Eggs, & Gravy to top it.

**Nutritional Information:** Calories- 540, Total Fat- 28 g, Cholesterol- 380 mg, Sodium- 1010 mg, Total Carbs- 58 g, Dietary Fiber- 3 g, Protein- 18 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. Mini Pancakes, Sausage Links, Scrambled Eggs, Maple Syrup

Start your day off right with this great breakfast.

**Nutritional Information:** Calories- 680, Total Fat- 40 g, Cholesterol- 485 mg, Sodium- 890 mg, Total Carbs- 65 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- 590, Total Fat- 40 g, Cholesterol- 245 mg, Sodium- 1120 mg, Total Carbs- 40 g, Dietary Fiber- 1 g, Protein- 18 g

## April, May, June 2025 – Meal Extras

1. Chicken & Rice Casserole, Refried Beans, Southwest Vegetables, **Sandwich Cracker**
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, **Roll**
5. Broccoli Cheddar Soup, Cornbread, **Sandwich Cracker, Butter**
6. Creamy Mushroom Meatballs, Mashed Potatoes, Green Beans, **Raisins**
7. Chicken w/Seasoned Gravy, Mashed Potatoes, Peas & Carrots, **Butter, Snack Bar**
8. Baked Fish Fillet, Fried Rice, California Blend Vegetables, **Butter, Snack Bar**
9. Macaroni and Cheese with Ham, Peas & Carrots, **Juice, Raisins, Sandwich Cracker**
10. Lasagna, Diced Carrots, **Butter, Snack Bar**
11. Chicken Alfredo, California Blend Vegetables, **Roll, Butter, Peanut Butter**
12. Chicken Fried Rice with Sweet & Sour Sauce, Chicken Egg Roll, **Roll**
13. Smothered Burrito, Adobo Rice, Corn, **Juice, String Cheese**
14. Parmesan Crusted Crab Cake, Hashbrown, Mixed Vegetables, Tartar Sauce, **String Cheese, Raisin**
15. Breaded Chicken Tenders, Potato Stars, Chuckwagon Corn, **Roll, Butter**
16. BBQ Pork Patty, Cheesy Hashbrowns, Peas and Carrots, **Snack Bar**
17. Breakfast Bowl, Mini Blueberry Muffins, **Milk**
18. Biscuit and Sausage Gravy, Scrambled Eggs, **Juice, String Cheese**
19. Mini Pancakes, Sausage Links, Scrambled Eggs, Maple Syrup
20. Skillet Omelet, Sausage Links, Mini Blueberry Muffins, **Milk**

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

**\*\*\*Meals have additional snacks and condiments as noted below 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 in addition to other meals enjoyed in your home. Nutritional information for additional snacks and condiments are listed on this page, and not included in totals provided for meals\*\*\***

**Dinner Roll**

**Nutritional Information:** Calories - 170, Total Fat - 5g, Cholesterol - 10mg, Sodium - 300mg, Total Carbs - 28g, Dietary Fiber - 0.8g, Protein - 4g

**Butter (X1)**

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

**Sandwich Crackers**

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

**Snack Bar**

**Nutritional Information:** Calories - 240, Total Fat - 8g, Cholesterol - 0mg, Sodium - 50mg, Total Carbs - 41g, Dietary Fiber - 3g, Protein - 3g

**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

**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

**Juice (All Varieties)**

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