

Sister's Home Style Entrees

www.sistersentrees.com 515-332-1928

October, November, December 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. Vegetable Beef Stew, Mashed Sweet Potatoes, Green Beans

Hearty stew loaded with Beef and veggies.

Nutritional Information: Calories - 400, Total Fat - 8g, Cholesterol - 45mg, Sodium - 1190mg, Total Carbs - 46g, Dietary Fiber - 7g, Protein - 23g**2. Turkey & Stuffing, Turkey Gravy, Redskin Mashed Potatoes, Green Beans**

Turkey, stuffing, and redskin mashed potatoes.

Nutritional Information: Calories – 350, Total Fat – 6g, Cholesterol – 40mg, Sodium – 1900mg, Total Carbs – 48g, Dietary Fiber – 5g, Protein - 27g**3. Roast Beef, Mashed Potatoes, Brown Gravy, Peas & Carrots**

All-time favorite beef with mashed potatoes, and delicious gravy!

Nutritional Information: Calories - 410, Total Fat – 12g, Cholesterol - 100mg, Sodium - 1290mg, Total Carbs - 35g, Dietary Fiber - 5g, Protein - 38g**4. Sister's Hamburger Casserole, Corn**

Ground beef, pasta, vegetables, and cheese sauce. Great flavor!

Nutritional Information: Calories - 500, Total Fat - 15g, Cholesterol - 80mg, Sodium - 1160mg, Total Carbs - 64g, Dietary Fiber - 7g, Protein - 25g**5. Chicken Breast Dinner, Cilantro Rice, Peas & Carrots**

Savory chicken breast, sautéed onions, and chicken gravy over cilantro rice.

Nutritional Information: Calories - 320, Total Fat – 5g, Cholesterol - 55mg, Sodium - 1330mg, Total Carbs - 45g, Dietary Fiber - 7g, Protein - 24g**6. Au Gratin Potatoes with Ham, Southwest Vegetables**

Thinly sliced potatoes in a cream sauce and cheese w/diced ham.

Nutritional Information: Calories - 350, Total Fat - 8g, Cholesterol - 20mg, Sodium - 1350mg, Total Carbs - 58g, Dietary Fiber - 11g, Protein - 13g**7. Chili, Chuckwagon Corn**

Classic chili dinner to warm you up!

Nutritional Information: Calories - 340, Total Fat - 8g, Cholesterol - 35mg, Sodium - 1120mg, Total Carbs - 45g, Dietary Fiber - 10g, Protein - 19g**8. Mushroom Gravy on Beef Patty, Mashed Potatoes, Green Beans**

Salisbury steak smothered in mushroom gravy. So good!

Nutritional Information: Calories - 390, Total Fat - 20g, Cholesterol - 60mg, Sodium - 1190mg, Total Carbs - 35g, Dietary Fiber - 4g, Protein - 16g**9. Lasagna, Diced Carrots**

Layers and layers of meat, sauce, and cheese. Delicious!

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

10. Tuna Noodle Casserole, Peas & Carrots

Tuna and pasta in a creamy sauce.

Nutritional Information: Calories - 310, Total Fat – 4.5g, Cholesterol - 20mg, Sodium - 450mg, Total Carbs - 44g, Dietary Fiber - 6g, Protein - 19g

11. Pizza & Chicken, Ranch dip

Our take of Pizza & Wings, including the ranch dip!

Nutritional Information: Calories - 540, Total Fat - 27g, Cholesterol - 75mg, Sodium – 960mg, Total Carbs - 43g, Dietary Fiber - 3g, Protein - 30g

12. Breaded Fish Fillet, Hushpuppies, Diced Carrots, Tartar Sauce

Breaded Alaskan Pollock with hushpuppies on the side.

Nutritional Information: Calories - 460, Total Fat - 19g, Cholesterol - 45mg, Sodium - 930mg, Total Carbs - 52g, Dietary Fiber - 4g, Protein - 19g

13. 3 Pancakes, 1 Sausage Patty, Scrambled Eggs, Maple Syrup

A great way to start your day w/Buttermilk Pancakes.

Nutritional Information: Calories – 610, Total Fat – 28g, Cholesterol – 225mg, Sodium–1090mg, Total Carbs – 71g, Dietary Fiber - 1g, Protein – 19g

14. All American Breakfast (2 Eggs, 3 Sausage Links, Hashbrown)

Traditional breakfast favorite!

Nutritional Information: Calories - 540, Total Fat - 49g, Cholesterol - 275mg, Sodium - 910mg, Total Carbs - 14g, Dietary Fiber - 1g, Protein - 18g

15. Skillet Omelet, 3 Sausage Links, 2 Mini Blueberry Muffins

Omelet filled with ham, cheese, onions and peppers.

Nutritional Information: Calories - 560, Total Fat - 41g, Cholesterol - 250mg, Sodium - 1110mg, Total Carbs - 31g, Dietary Fiber - 1g, Protein - 19g

16. BBQ Pulled Pork Sandwich, Baked Beans, and Potato Stars.

Shredded pork, with a touch of BBQ sauce served with a Brioche slider bun.

Nutritional Information: Calories - 550, Total Fat - 16g, Cholesterol - 35mg, Sodium - 1390mg, Total Carbs - 76g, Dietary Fiber - 8g, Protein - 24g

17. Chicken Alfredo, California Blend Vegetables

Simple and delicious!

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

18. French Toast Breakfast Sandwich, Breakfast Potatoes

2 Mini Toasts loaded with Egg & Sausage, served with a side of Syrup.

Nutritional Information: Calories - 720, Total Fat – 35g, Cholesterol -230mg, Sodium - 1030mg, Total Carbs - 85g, Dietary Fiber - 3g, Protein - 18g

19. Chicken and Biscuit, California Blend Vegetables

Chicken with Vegetables in a creamy sauce over a biscuit.

Nutritional Information: Calories - 340, Total Fat - 14g, Cholesterol - 20mg, Sodium - 1050mg, Total Carbs - 53g, Dietary Fiber - 5g, Protein - 11g

20. BBQ Boneless Wings, Potato Stars, Chuckwagon Corn

Boneless chicken wings with delicious BBQ sauce.

Nutritional Information: Calories - 560, Total Fat - 22g, Cholesterol - 55mg, Sodium - 1180mg, Total Carbs - 67g, Dietary Fiber - 3g, Protein - 22g

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1. Vegetable Beef Stew, Mashed Sweet Potatoes, Green Beans, **Snack Bar**
2. Turkey & Stuffing, Redskin Mashed Potatoes, Green Beans, **Roll, Peanut Butter**
3. Roast Beef, Mashed Potatoes, Peas & Carrots, **Roll, Peanut Butter**
4. Sister's Hamburger Casserole, Corn, **Roll**
5. Chicken Breast Dinner, Cilantro Rice, Peas & Carrots, **Sandwich Crackers, Roll**
6. Au Gratin Potatoes with Ham, Southwest Vegetables, **Roll, Peanut Butter**
7. Chili, Chuckwagon Corn, **Roll, Sandwich Crackers**
8. Mushrm Gravy w/Beef Patty, Mash'd Potatoes, Green Beans, **Snack Bar**
9. Lasagna, Diced Carrots, **Roll, Peanut Butter**
10. Tuna Noodle Casserole, Peas & Carrots, **Snack Bar, Roll**
11. Pizza, Chicken, & Ranch Dip, **Craisins**
12. Breaded Fish & Hushpuppies, Diced Carrots, (2)Tartar Sauce, **Sandwich Crackers**
13. (3) Pancakes, (1) Sausage Patty, Scrambled Eggs, Maple Syrup, **Juice**
14. All American Breakfast (2 Egg Patties, 3 Sausage Links, Hashbrown), **Peanut Butter**
15. Skillet Omelet, (3) Sausage Links, (2) Mini Blueberry Muffins, **Juice**
16. BBQ Pulled Pork Sandwich, Baked Beans, Potato Stars, **Craisins**
- 17.. Chicken Alfredo, California Blend Vegetables, **Juice, Roll**
18. French Toast Breakfast Sandwich, Breakfast Potatoes, Maple Syrup
19. Chicken and Biscuit, California Blend Vegetables, **Sandwich Crackers, Peanut Butter**
20. BBQ Boneless Wings, Chuckwagon Corn, Potato Stars, **Craisins**

*****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

Dinner Roll

Nutritional Information: Calories-170, Total Fat-5 g, Cholesterol-10 mg, Sodium-330 mg, Total Carbs-28 g, Dietary Fiber-0.8 g, Protein-4 g

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

Craisins

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