

Nutritional Information

\$7.25 Pick-up / \$9.25 Delivered

Sister's Home Style Entrees

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

January, February & March 2026 – Extras NOT Included

All menu items are subject to change

Meals have additional snacks and condiments as noted on the 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 in addition to other meals enjoyed in your home. Nutritional information for extras is listed on the back page

1. Roast Beef with Brown Gravy, Mashed Potatoes, Corn

All-time favorite roast beef, mashed potatoes, and delicious gravy

Nutritional Information: Calories - 440, Total Fat - 13g, Cholesterol - 100mg, Sodium - 1270mg, Total Carbs - 40g, Dietary Fiber - 3g, Protein - 37g

2. Porcupine Meatballs, Mashed Potatoes, Southwest Vegetables

Seasoned beef meatballs mixed with rice and onion braised in tomato sauce.

Nutritional Information: Calories - 560, Total Fat - 24g, Cholesterol - 125mg, Sodium - 830mg, Total Carbs - 57g, Dietary Fiber - 9g, Protein - 29g

3. Chicken with Country Gravy, Mashed Potatoes, Corn

Breaded chicken breast topped with flavorful country gravy.

Nutritional Information: Calories - 500, Total Fat - 23g, Cholesterol - 70mg, Sodium - 1290mg, Total Carbs - 54g, Dietary Fiber - 4g, Protein - 19g

4. Beef & Noodles, Green Beans

Tender beef and flavorful gravy over noodles.

Nutritional Information: Calories - 290, Total Fat - 4g, Cholesterol - 65mg, Sodium - 820mg, Total Carbs - 38g, Dietary Fiber - 3g, Protein - 23g

5. Crab Alfredo, California Blend Vegetables

Simple and delicious!

Nutritional Information: Calories - 390, Total Fat - 13g, Cholesterol - 45mg, Sodium - 1100mg, Total Carbs - 50g, Dietary Fiber - 5g, Protein - 18g

6. Swiss Steak, Mashed Potatoes, Diced Carrots

A juicy Salisbury steak with a Mix of tomatoes & peppers on top.

Nutritional Information: Calories - 370, Total Fat - 19g, Cholesterol - 60mg, Sodium - 850mg, Total Carbs - 35g, Dietary Fiber - 6g, Protein - 16g

7. Chicken Stir Fry, Rice, (2) Vegetable Eggrolls

Chicken & Rice with stir fry vegetables, seasoned with an Asian Sesame Sauce.

Nutritional Information: Calories - 550, Total Fat - 24g, Cholesterol - 35mg, Sodium - 1510mg, Total Carbs - 59g, Dietary Fiber - 5g, Protein - 21g

8. Ham, Pineapple, Mashed Sweet Potatoes, Peas & Carrots

Sliced ham with a pineapple slice that everyone will love.

Nutritional Information: Calories - 310, Total Fat - 5g, Cholesterol - 40mg, Sodium - 1320mg, Total Carbs - 38g, Dietary Fiber - 6g, Protein - 17g

9. Tomato Basil Soup, Cheeseburger Eggroll

Just like homemade Soup to warm you up, served with hearty twist to an Eggroll.

Nutritional Information: Calories - 400, Total Fat - 25g, Cholesterol - 60mg, Sodium - 940mg, Total Carbs - 34g, Dietary Fiber - 4g, Protein - 12g

10. Lasagna, Mixed Vegetables

Deb's son loves this dish, layers and layers of meat sauce and cheese.

Nutritional Information: Calories - 390, Total Fat - 12g, Cholesterol - 40mg, Sodium - 1060mg, Total Carbs - 42g, Dietary Fiber - 9g, Protein - 26g

11. Honey Garlic Chicken on Rice, Diced Carrots

Chicken Breast on Rice with Honey Garlic Sauce and served with a side of diced carrots.

Nutritional Information: Calories - 340, Total Fat - 5g, Cholesterol - 60mg, Sodium - 1040mg, Total Carbs - 53g, Dietary Fiber - 5g, Protein - 21g

12. Pork Loin, Mashed Redskin Potatoes, Diced Carrots

Pork loin, roasted to perfection!

Nutritional Information: Calories - 270, Total Fat - 11g, Cholesterol - 55mg, Sodium - 1600mg, Total Carbs - 23g, Dietary Fiber - 4g, Protein - 23g

13. Popcorn Shrimp, Potato Stars, Tartar Sauce

Bite sized pieces of battered Shrimp, with Tartar Sauce to dip them in.

Nutritional Information: Calories - 420, Total Fat - 23g, Cholesterol - 80mg, Sodium - 920mg, Total Carbs - 42g, Dietary Fiber - 3g, Protein - 12g

14. Meatloaf Patty, Potato Stars, Mixed Vegetables

A new Menu item, meatloaf (beef) with tomato-based topping.

Nutritional Information: Calories - 310, Total Fat - 16g, Cholesterol - 40mg, Sodium - 600mg, Total Carbs - 24g, Dietary Fiber - 4g, Protein - 14g

15. BBQ Meatballs, Potato Stars, Peas & Carrots

Meatballs (pork & beef) tossed in tangy barbeque sauce.

Nutritional Information: Calories - 520, Total Fat - 28g, Cholesterol - 55mg, Sodium - 1070mg, Total Carbs - 45g, Dietary Fiber - 6g, Protein - 19g

16. Breaded Chicken Patty, Hashbrown, Southwest Vegetables

Chicken patty topped with a slice of cheese.

Nutritional Information: Calories - 450, Total Fat - 26g, Cholesterol - 60mg, Sodium - 780mg, Total Carbs - 37g, Dietary Fiber - 7g, Protein - 22g

17. Breakfast Sandwich, Breakfast Potatoes

Sausage, egg and cheese on flatbread.

Nutritional Information: Calories - 670, Total Fat - 40g, Cholesterol - 170mg, Sodium - 1250mg, Total Carbs - 56g, Dietary Fiber - 5g, Protein - 23g

18. Country Fried Breakfast

New delicious breakfast with Breaded Beef Tenders, Egg Patty, Hashbrown, & Country Gravy

Nutritional Information: Calories - 430, Total Fat - 26g, Cholesterol - 160mg, Sodium - 1070mg, Total Carbs - 30g, Dietary Fiber - 2g, Protein - 20g

19. (3) French Toast Sticks, (2) Sausage Links, Scrambled Eggs, Maple Syrup

A classic breakfast favorite!

Nutritional Information: Calories - 670, Total Fat - 38g, Cholesterol - 350mg, Sodium - 1040mg, Total Carbs - 64g, Dietary Fiber - 3g, Protein - 22g

20. Breakfast Scramble, (2) Mini Blueberry Muffins

A great way to start your day with Potatoes, Scrambled Eggs, Sausage, & Cheese in this scramble

Nutritional Information: Calories - 540, Total Fat - 27g, Cholesterol - 295mg, Sodium - 1010mg, Total Carbs - 53g, Dietary Fiber - 3g, Protein - 21g

January, February, March 2026 – Meal Sides

1. Roast Beef, Brown Gravy, Mashed Potatoes, Corn, **Roll, Juice**
2. Porcupine Meatballs, Mashed Potatoes, Southwest Vegetables, **Roll**
3. Chicken and Country Gravy, Mashed Potatoes, Corn, **Roll**
4. Beef & Noodles, Green Beans, **Roll, Sandwich Crackers**
5. Crab Alfredo, California Blend Vegetables, **Roll, Butter**
6. Swiss Steak, Mashed Potatoes, Diced Carrots, **Snack Bar**
7. Chicken Stir Fry, (2) Vegetable Eggrolls, **Craisins**
8. Ham w/Pineapple, Mashed Sweet Potatoes, Peas & Carrots, **Snack Bar, Butter**
9. Tomato Basil Soup, (1) Cheeseburger Eggroll, **Roll, Peanut Butter**
10. Lasagna, Mixed Vegetables, **Roll, Peanut Butter**
11. Honey Garlic Chicken on Rice, Diced Carrots, **Roll, Sandwich Crackers**
12. Pork Loin, Mashed Redskin Potatoes, Diced Carrots
13. Popcorn Shrimp, Potato Stars, Tartar Sauce Packets (2), **Roll, Peanut Butter**
14. Meatloaf Patty, Potato Stars, Mixed Vegetables, **Snack Bar, Juice**
15. BBQ Meatballs, Potato Stars, Peas & Carrots, **Roll**
16. Breaded Chicken Patty, Hashbrown, Southwest Vegetables, **Roll, Butter**
17. Breakfast Sandwich, Breakfast Potatoes
18. Country Fried Breakfast (3 Beef Tenders, Gravy, Egg & Hashbrown) **Juice, Sandwich Crackers**
19. (3) French Toast Sticks, (2) Sausage Links, Scrambled Eggs, Maple Syrup
20. Breakfast Scramble, (2) Mini Blueberry Muffins, **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

****Nutrition content for items listed above are not included in totals provided for meals****