

**Sister's Home Style Entrees**

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

**April, May & June 2026 – 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- 1560 mg, Total Carbs- 59 g, Dietary Fiber-9 g, Protein- 31 g

**2. Spaghetti & Chicken Meatballs, Green Beans**

Classic spaghetti with chicken meatballs, so good!

**Nutritional Information:** Calories- 450, Total Fat- 13 g, Cholesterol- 80 mg, Sodium- 740 mg, Total Carbs- 58 g, Dietary Fiber- 10 g, Protein- 23 g

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

Classic dinner that you are sure to love.

**Nutritional Information:** Calories- 360, Total Fat-11 g, Cholesterol- 95 mg, Sodium- 1250 mg, Total Carbs- 32 g, Dietary Fiber- 3 g, Protein- 31 g

**4. Church Meatballs, Redskin Mashed Potatoes, Mixed Vegetables**

Just like old fashioned ham balls covered in a sweet glaze sauce.

**Nutritional Information:** Calories- 480, Total Fat- 19 g, Cholesterol- 65 mg, Sodium- 870 mg, Total Carbs- 50 g, Dietary Fiber- 4g, Protein- 26g

**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-90 mg, Sodium-1230 mg, Total Carbs- 36 g, Dietary Fiber-4 g, Protein- 20 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- 12 g, Cholesterol-80 mg, Sodium- 1350 mg, Total Carbs- 38 g, Dietary Fiber- 4 g, Protein- 24 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- 2.5 g, Cholesterol- 15 mg, Sodium- 550 mg, Total Carbs- 49 g, Dietary Fiber- 6 g, Protein- 12 g

## 10. Lasagna, Diced Carrots

Traditional dish you are sure to love!

**Nutritional Information:** Calories- 340, Total Fat- 12 g, Cholesterol- 45 mg, Sodium-1040 mg, Total Carbs- 38 g, Dietary Fiber- 9 g, Protein- 20 g

## 11. Chicken Alfredo, California Blend Vegetables

Simple and delicious.

**Nutritional Information:** Calories- 460, Total Fat- 18 g, Cholesterol- 75 mg, Sodium- 730 mg, Total Carbs- 48 g, Dietary Fiber- 4 g, Protein- 26 g

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

Give this popular Asian dish a try!

**Nutritional Information:** Calories- 540, Total Fat- 18 g, Cholesterol-55 mg, Sodium-1400 mg, Total Carbs- 72 g, Dietary Fiber- 3 g, Protein- 24 g

## 13. Smothered Burrito, Adobo Rice, Southwest Vegetables

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

**Nutritional Information:** Calories- 500, Total Fat- 21 g, Cholesterol- 30 mg, Sodium- 1200 mg, Total Carbs- 64 g, Dietary Fiber- 8 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- 1230 mg, Total Carbs- 49 g, Dietary Fiber-5 g, Protein- 7 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- 330, Total Fat- 17 g, Cholesterol- 55 mg, Sodium- 650 mg, Total Carbs- 27 g, Dietary Fiber- 5 g, Protein- 20 g

## 17. Breakfast Bowl, Mini Blueberry Muffins

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

**Nutritional Information:** Calories- 520, Total Fat- 29 g, Cholesterol- 300 mg, Sodium- 1120 mg, Total Carbs- 50 g, Dietary Fiber- 3 g, Protein- 17 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- 22 g, Cholesterol- 340 mg, Sodium- 1740 mg, Total Carbs- 39 g, Dietary Fiber- 1 g, Protein- 19 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- 385 mg, Sodium- 1030 mg, Total Carbs- 66 g, Dietary Fiber- 2 g, Protein- 20 g

## 20. Omelet, Sausage Links, Mini Blueberry Muffins

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

**Nutritional Information:** Calories- 610, Total Fat- 44 g, Cholesterol- 245 mg, Sodium- 1040 mg, Total Carbs- 32 g, Dietary Fiber- 1 g, Protein- 20 g

## April, May, June 2026 – Meal Extras

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

*\*\*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

**Crackers**

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

**Butter**

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

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