

Nutritional Information

\$7.25 Pick-up / \$9.25 Delivered

Sister's Home Style Entrees

www.sistersentrees.com

515-332-1928

July, August, September 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. 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- 1930 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- 370, Total Fat- 9 g, Cholesterol- 50 mg, Sodium- 1830 mg, Total Carbs- 51 g, Dietary Fiber- 6 g, Protein- 22 g

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

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

Nutritional Information: Calories- 340, Total Fat- 9 g, Cholesterol- 90 mg, Sodium- 1320 mg, Total Carbs- 32 g, Dietary Fiber- 4 g, Protein- 30 g

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

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

Nutritional Information: Calories- 600, Total Fat- 14 g, Cholesterol- 45 mg, Sodium- 3050 mg, Total Carbs- 97 g, Dietary Fiber- 6 g, Protein- 23 g

5. BBQ Pork Loin, Cheesy Hashbrowns, Baked Beans

Tender pork loin covered in barbeque sauce.

Nutritional Information: Calories- 510, Total Fat- 16 g, Cholesterol- 75 mg, Sodium- 2420 mg, Total Carbs- 62 g, Dietary Fiber- 5 g, Protein- 36 g

6. Chili Cheese Dog, Mixed Vegetables, Mini Corn Muffin

A classic chili cheese dog made into a delicious dish with a corn muffin on the side.

Nutritional Information: Calories- 540, Total Fat- 34 g, Cholesterol- 80 mg, Sodium- 1670 mg, Total Carbs- 37 g, Dietary Fiber- 7 g, Protein- 23 g

7. Italian Meatballs w/Marinara Sauce & Mozzarella Cheese, Peas & Carrots

Chicken meatballs tossed in marinara sauce.

Nutritional Information: Calories- 460, Total Fat- 23 g, Cholesterol- 130 mg, Sodium- 800 mg, Total Carbs- 31 g, Dietary Fiber- 10 g, Protein- 31 g

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

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

Nutritional Information: Calories- 380, Total Fat- 14 g, Cholesterol- 65 mg, Sodium- 1340 mg, Total Carbs- 43 g, Dietary Fiber- 6 g, Protein- 22 g

9. Meatloaf Dinner, Mashed Potatoes, Corn

Our homemade meatloaf is portioned into meatballs with mashed potatoes.

Nutritional Information: Calories- 450, Total Fat- 20 g, Cholesterol- 120 mg, Sodium- 640 mg, Total Carbs- 45 g, Dietary Fiber- 4 g, Protein- 21 g

10.Lasagna, California Blend Vegetables

Traditional dish you are sure to love!

Nutritional Information: Calories- 390, Total Fat- 15 g, Cholesterol- 55 mg, Sodium- 1210 mg, Total Carbs- 41 g, Dietary Fiber- 9 g, Protein- 25 g

11.Belgian Waffle, Scrambled Eggs, Sausage Links, Maple Syrup

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

Nutritional Information: Calories- 730, Total Fat- 44 g, Cholesterol- 390 mg, Sodium- 1280 mg, Total Carbs- 60 g, Dietary Fiber- 1 g, Protein- 22 g

12.Breakfast Skillet, 2 Mini Blueberry Muffins

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

Nutritional Information: Calories- 520, Total Fat- 31 g, Cholesterol- 360 mg, Sodium- 1100 mg, Total Carbs- 41 g, Dietary Fiber- 1 g, Protein- 19 g

13.English Muffin Breakfast Sandwich, Hashbrown

Sausage Patty, Egg and a slice of Cheese on a English muffin.

Nutritional Information: Calories- 540, Total Fat- 40 g, Cholesterol- 165 mg, Sodium- 1090 mg, Total Carbs- 36 g, Dietary Fiber- 2 g, Protein- 19 g

14.Breakfast Burrito, Seasoned Potatoes, 1 Mini Blueberry Muffin

Burrito full of Egg, Sausage, Cheese and Salsa, served with seasoned potatoes.

Nutritional Information: Calories- 430, Total Fat- 18 g, Cholesterol- 80 mg, Sodium- 750 mg, Total Carbs- 57 g, Dietary Fiber- 3 g, Protein- 11 g

15.Fish Nuggets, Tartar Sauce, Seasoned Potatoes, Peas & Carrots

Lightly breaded Pollock nuggets a side of tartar sauce.

Nutritional Information: Calories- 410, Total Fat- 21 g, Cholesterol- 45 mg, Sodium- 750 mg, Total Carbs- 40 g, Dietary Fiber- 3 g, Protein- 15 g

16.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

17.Taco Tots, Adobo Rice, Southwest Vegetables

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

Nutritional Information: Calories- 430, Total Fat- 18 g, Cholesterol- 40 mg, Sodium- 1390 mg, Total Carbs- 50 g, Dietary Fiber- 8 g, Protein- 19 g

18.Breaded Italian Chicken Breast Patty, Redskin Mashed Potatoes, Green Beans

Seasoned breaded chicken breast patty, with Redskin Mashed Potatoes.

Nutritional Information: Calories- 300, Total Fat- 10 g, Cholesterol- 45 mg, Sodium- 960 mg, Total Carbs- 35 g, Dietary Fiber- 4 g, Protein- 19 g

19.Chicken N' Swiss, Redskin Mashed Potatoes, Corn

Chicken breast with Swiss cheese. Great flavor!

Nutritional Information: Calories- 380, Total Fat- 14 g, Cholesterol- 80 mg, Sodium- 840 mg, Total Carbs- 34 g, Dietary Fiber- 3 g, Protein- 28 g

20.Bacon Turkey Cheeseburger, Hashbrown, Green Beans

Turkey burger served with bacon and cheese.

Nutritional Information: Calories- 470, Total Fat- 34 g, Cholesterol- 100 mg, Sodium- 1350 mg, Total Carbs- 20 g, Dietary Fiber- 4 g, Protein- 30 g

July Aug Sept 2026 – Meal Extras

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

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

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******