Nutritional Information $7.25 Pick-up / $9.25 Delivered

Sister's Home Style Entrees

www.sistersentrees.com 515-332-1928

October, November, December 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. **Vegetable Beef Stew, Mashed Sweet Potatoes, Green Beans**
   Hearty stew loaded with beef and vegetables.
   Nutritional Information: Calories - 400, Total Fat - 8g, Cholesterol - 45mg, Sodium - 1160mg, Total Carbs - 47g, Dietary Fiber - 7g, Protein - 22g
2. **Turkey & Stuffing, Turkey Gravy, Redskin Mashed Potatoes, Green Beans**
   Turkey, stuffing, and redskin mashed potatoes.
   Nutritional Information: Calories – 340, Total Fat – 6g, Cholesterol – 40mg, Sodium – 1900mg, Total Carbs – 46g, 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 - 360, Total Fat – 7g, Cholesterol - 65mg, Sodium - 1280mg, Total Carbs - 44g, Dietary Fiber - 7g, Protein - 27g
6. **Au Gratin Potatoes with Ham, Southwest Vegetables**
   Thinly sliced potatoes in a cream sauce and cheese with 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 - 380, Total Fat - 20g, Cholesterol - 60mg, Sodium - 1180mg, Total Carbs - 35g, Dietary Fiber - 4g, Protein - 16g
9. **Lasagna, Diced Carrots**
   Layers and layers of meat, sauce, and cheese. Delicious!
   Nutritional Information: Calories - 340, Total Fat - 12g, Cholesterol - 45mg, Sodium - 1040mg, Total Carbs - 38g, Dietary Fiber - 9g, Protein - 20g

10. Tuna Noodle Casserole, Peas & Carrots

Tuna and pasta in a creamy sauce.

Nutritional Information: Calories - 280, Total Fat – 5g, Cholesterol - 20mg, Sodium - 460mg, Total Carbs - 42g, Dietary Fiber - 6g, Protein - 17g

11. Pizza & Chicken, Ranch dip

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

Nutritional Information: Calories - 644, Total Fat - 33g, Cholesterol - 82mg, Sodium – 1259mg, Total Carbs - 47g, Dietary Fiber - 1g, Protein - 31g

12. Breaded Fish Fillet, Adobo Rice, Diced Carrots, Tartar Sauce

Breaded Alaskan Pollock with adobo rice.

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 with buttermilk pancakes.

Nutritional Information: Calories – 610, Total Fat – 28g, Cholesterol – 255mg, 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 - 47g, Cholesterol - 275mg, Sodium - 900mg, 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 - 610, Total Fat - 44g, Cholesterol - 245mg, Sodium - 1040mg, Total Carbs - 32g, Dietary Fiber - 1g, Protein - 20g

16. BBQ Pulled Pork Sandwich, Baked Beans, and Hashbrown

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

Nutritional Information: Calories - 510, Total Fat - 15g, Cholesterol - 35mg, Sodium - 1400mg, Total Carbs - 72g, Dietary Fiber - 7g, Protein - 23g

17. Chicken Alfredo, California Blend Vegetables

Simple and delicious!

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

18. French Toast Breakfast, Breakfast Potatoes

French Toast loaded with egg, sausage, & cheese served with a side of Syrup.

Nutritional Information: Calories - 740, Total Fat – 40g, Cholesterol -204mg, Sodium - 1110mg, Total Carbs - 82g, Dietary Fiber - 3g, Protein - 20g

19. Chicken and Biscuit, California Blend Vegetables

Chicken with vegetables in a creamy sauce over a biscuit.

Nutritional Information: Calories - 340, Total Fat - 4g, 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, String Cheese**
2. Turkey & Stuffing, Redskin Mash, Green Beans, **Roll, Peanut Butter, String Cheese**
3. Roast Beef, Mashed Potatoes, Peas & Carrots, **Snack Bar, String Cheese**
4. Sister's Hamburger Casserole, Corn, **Roll, String Cheese**
5. Chicken Breast Dinner, Cilantro Rice, Peas & Carrots, **Snack Bar, String Cheese**
6. Au Gratin Potatoes w/ Ham, SW Vegetables, **Peanut Butter, Crackers, String Cheese**
7. Chili, Chuckwagon Corn, **Roll, Crackers, String Cheese**
8. Mushroom Gravy w/Beef Patty, Mashed Potatoes, Green Beans, **Snack Bar, String Cheese**
9. Lasagna, Diced Carrots, **Roll, Peanut Butter**
10. Tuna Noodle Casserole, Peas & Carrots, **Roll, Peanut Butter, Juice, String Cheese**
11. Pizza, Chicken, & Ranch Dip, **Juice, Raisins**
12. Breaded Fish, Adobo Rice, Diced Carrots,Tartar Sauce, **Roll, Juice, Cheddar Cheese Stick**
13. Pancakes, Sausage Patty, Scrambled Eggs, Maple Syrup, **Juice, Raisins, Cheddar Cheese Stick**
14. All American Breakfast, **Peanut Butter, Juice, Roll, Crackers, Cheddar Cheese Stick**
15. Skillet Omelet, Sausage Links, Mini Blueberry Muffins, **Juice, Roll, Cheddar Cheese Stick**
16. BBQ Pulled Pork Sandwich, Baked Beans, Hashbrown, **Roll, Cheddar Cheese Stick**
17. Chicken Alfredo, California Blend Vegetables, **Crackers, Cheddar Cheese Stick**
18. French Toast Breakfast, Breakfast Potatoes, Maple Syrup, **Juice, Cheddar Cheese Stick**
19. Chicken&Biscuit, Cali Blend Vegetables, **Juice, Crackers, Peanut Butter, Cheddar Cheese Stick**
20. BBQ Boneless Wings, Chuckwagon Corn, Potato Stars, **Peanut Butter, Cheddar Cheese Stick**

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-300 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- Apple
Nutritional Information: Calories-280, Total Fat-9g, Cholesterol- 5mg, Sodium- 170mg, Total Carbs- 46g, Dietary Fiber- 3g, Protein-4g

Snack Bar- Strawberry
Nutritional Information: Calories-280, Total Fat-9g, Cholesterol- 5mg, Sodium- 150mg, 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

String Cheese
Nutritional Information: Calories-80, Total Fat-6g, Cholesterol- 15mg, Sodium- 200mg, Total Carbs- 1g, Dietary Fiber-0g, Protein-6g

Raisins
Nutritional Information: Calories-120, Total Fat- 0g, Cholesterol- 0mg, Sodium- 10mg, Total Carbs- 30g, Dietary Fiber- 2g, Protein- 1g

Cheddar Cheese Stick
Nutritional Information: Calories-110, Total Fat-9g, Cholesterol- 30mg, Sodium- 180mg, Total Carbs-0g, Dietary Fiber-0g, Protein-7g