

HEATING INSTRUCTIONS FOR HEAT SEALED MEALS

For optimum quality, defrost frozen meals 1 day in the refrigerator

Peel back one corner of the film to vent, or slit film in each compartment before heating!

Thawed meal re-heating instructions:

Peel back lid to vent or slit film in each compartment

Standard Oven:

- Pre-heat oven 350°
- Place meal on a cookie sheet, place in oven for 20 minutes maximum.

Microwave:

- Microwave for 2-4 minutes on high until hot (165°). Cooking times will vary depending upon the microwave used and the food being heated.
- For meals that contain whipped potatoes, remove film over potatoes, stir potatoes after 2 minutes of cooking. Continue to cook. Stir potatoes after another 2 minutes of cooking.

Frozen meal re-heating instructions:

Peel back lid to vent or slit film in each compartment

Standard Oven:

- Pre-heat oven to 350°
- Place meal in oven for 30 minutes maximum. For meals that contain whipped potatoes, stir potatoes after 15 minutes of cooking. Continue to cook another 15 minutes.

Microwave:

- Microwave for 3-5 minutes maximum on high until hot (165°). Cooking times will vary depending upon the microwave used and the food being heated.
- For meals that contain whipped potatoes, remove film over potatoes, stir potatoes after 2 minutes of cooking. Continue to cook. Stir potatoes after another 2 minutes of cooking.

Do not use toaster ovens to reheat under any circumstances.