



How to prepare frozen meals

Microwaving your meal:



NEVER put the aluminum tray in a microwave oven

It is best to take tomorrow's meal from the freezer and let it thaw overnight in the refrigerator. DO NOT leave food out on the counter to thaw.

Whether still frozen or thawed, transfer the food from the aluminum tray to a microwave-safe plate. Cover with a paper towel.

Heating Time

1. If thawed, heat first for **1 minute**.
2. If frozen, heat first for **6 minutes**.
3. Remove the food from the microwave, it may be HOT!

Heating in an oven or toaster oven:



It is best to take tomorrow's meal from the freezer and let it thaw overnight in the refrigerator. DO NOT leave food out on the counter to thaw.

You **MUST** remove the cardboard top before placing the tray in the oven.

Heating Time

1. Heat your oven to 350 degrees.
2. Place your meal in the oven.
 - Thawed meals (heat for **15 min**)
 - Frozen meals (heat for **25 - 30 min**)
3. Using a hot pad or mitt, check your food with a fork, add additional time until your food is as warm as you like.
4. Let stand 1-2 minutes before eating.