

	SOUP	ENTRÉE	DESSERT	Individual Dinners
MICROWAVE RE-HEATING	<ol style="list-style-type: none"> 1. Place frozen soup on a microwave safe dish. 2. Heat frozen soup with seal on for 4-5 minutes on high or until hot. 3. Remove seal with care and serve. 	<ol style="list-style-type: none"> 1. Heat full sized frozen entree with seal on for 7- 8 minutes on high. 2. Heat small sized frozen entrees with seal on for 4-5 minutes on high. 3. Add more heating time if bottom of the tray is not warm when touched. 4. Remove seal with care and serve. 	<ol style="list-style-type: none"> 1. Heat frozen dessert with seal on for 10 seconds only. <p>* Best results are achieved if the desserts are thawed in the fridge or at room temperature.</p> <ol style="list-style-type: none"> 2. Remove seal and serve. 	<ol style="list-style-type: none"> 1. Remove foil dish and use a microwave safe dish. 2. Heat frozen food for 5 minutes or until hot. 3. Remove from oven with care and serve.
OVEN RE-HEATING	<ol style="list-style-type: none"> 1. Preheat oven to 350°F (160°C). 2. Place frozen soup on an oven safe pan or dish. 3. Heat frozen soup with seal on for 20-25 minutes or until hot. 4. Remove seal with care and serve. 	<ol style="list-style-type: none"> 1. Preheat oven to 350°F (160°C). 2. Heat Full sized frozen entree with seal on for 35-45 minutes or until hot. Heat small frozen entrees 25-35 min. 3. Add more heating time if bottom of the tray is not warm when touched. 4. Remove seal with care and serve. 	<ol style="list-style-type: none"> 1. Preheat oven to 350°F (160°C). 2. Heat frozen dessert with seal on for 5-10 minutes or until warm. <p>* Best results are achieved if the desserts are thawed in the fridge or at room temperature.</p>	<ol style="list-style-type: none"> 1. Preheat oven to 350°F (160°C). 2. Remove cellophane and use an oven safe dish. 3. Heat frozen food for 35-45 minutes or until hot. 4. Remove from oven with care and serve.
TOASTER OVEN RE-HEATING	<ol style="list-style-type: none"> 1. Preheat oven to 350°F (160°C). 2. Remove seal and cover frozen soup with foil, top and bottom. 3. Place on oven proof pan 4. Heat frozen soup for 20-25 minutes or until hot. 5. Remove foil with care and serve. 	<ol style="list-style-type: none"> 1. Preheat oven to 350°F (160°C). 2. Remove seal and cover frozen entree with foil, top and bottom. 3. Heat frozen entree for 15-40 minutes or until hot. 4. Remove foil with care and serve. 	<ol style="list-style-type: none"> 1. Preheat oven to 350°F (160°C). 2. Remove seal and cover frozen dessert with foil, top and bottom. 3. Heat frozen dessert for 5-10 minutes or until warm. 4. Remove foil and serve. <p>* Best results are achieved if the desserts are thawed in the fridge or at room temperature.</p>	<ol style="list-style-type: none"> 1. Preheat oven to 350°F (160°C). 2. Remove seal of cellophane or plastic wrap & cover frozen food with foil, top to bottom. 3. Heat frozen food for 35-45 minutes or until hot. 4. Remove foil with care and serve.

- Note:*
1. Re-heating times may vary, heat to **internal temperature of 74 Celsius**.
 2. All ovens vary in the rate of heating. Times are approximate and may require adjustment.
 3. **It is better to undercook than to overcook.** Re-heat foods at a reduced time; add more if required.
 4. **Do Not re-freeze meals** once they have thawed.
 5. Film can be removed before cooking in a microwave if a splatter guard is used. Place frozen meal on a microwave safe dish and cover with splatter guard. Please use a **splatter guard** when **cooking** any meals that contain **beets**.
 6. **Times on the container label are microwave cooking times.**
 7. **These are freezer to microwave (or oven) meals. DO NOT THAW before cooking or they will be overdone.**