

**VALLEY HOME MEALS**

**RE-HEATING INSTRUCTIONS**

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

- 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. **Do Not re-freeze meals** once they have thawed.
  4. 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**.
  5. **Times on the container label are microwave cooking times.**
  6. **These are freezer to microwave (or oven) meals. DO NOT THAW before cooking or they will be overdone.**