



REHEATING GUIDE

Your meals are fully cooked and can be enjoyed cold or reheated just like your favorite restaurant leftovers.

You do not need to heat side dishes like slaw, fruit cups, peanut butter, or sandwiches.

Make sure your meals are defrosted before reheating. There may be some liquid released from the food once defrosted. Drain off before heating. Heat times may vary from meal to meal, but generally, breakfast meals require shorter times than lunches or dinners.

Reheating Meals in the **MICROWAVE**

All microwaves are not created equal, so test your meals after the initial heating time and adjust your time from there. Keeping meals semi-covered helps keep moisture in and heats them faster.

NOTE: Some microwaves have a “reheat plate” setting that heats our meals very well, with no fuss! Otherwise, follow the below tips.

Remove all clear plastic packaging before heating (black containers are microwave safe), and cover with a paper towel. Remove anything that does not need re-heating, and microwave on high for 1 – 2 minutes, checking halfway. Breakfast meals like pancakes should only need 30 seconds or so. Egg dishes, about 1- 2 minutes.

Thick meat meals, like meatballs or stuffed chicken, should be cut in half and heated for about 2 minutes to start. Test the temperature; if it's not hot enough, put the meal back in for another minute or two. You can also place meals on a plate and reheat covered as well.

To warm rolls, wrap them in a moist paper towel and heat for 10 seconds.

TOASTER OVEN

Simply remove the meals from the packaging and place on the toaster tray, aluminum foil or oven-safe dish and heat until hot. This takes a bit more time but the outcome is delicious! This is the best way to reheat sandwiches, wraps and cheese dishes.

CONVENTIONAL OVEN

Simply remove the meal from the packaging, place in an oven-safe dish, cover with foil and heat at 300 degrees until hot (approx. 20-30 mins).