

Safe Handling Instructions:

- Keep frozen until ready to use (up to 3 months from date received)
 - Do not refreeze thawed product
- Reheat product until internal temperature of 74°C (165°F) is reached

Note: Individual ovens vary; below are guidelines only

Meal Type	Microwave	Oven/Stove (Best Results)
Single Meal (Do not reheat in a Toaster Oven)	Chilled: Slit film to vent, microwave 2-3 minutes on high. Frozen: Slit film to vent, microwave 3-5 minutes on high.	Chilled: Slit film to vent, pre-heat to 350°F, place meal on baking sheet, heat for 10 minutes. Frozen: Slit film to vent, pre-heat to 350°F, place meal on baking sheet, heat for 30 minutes.
Trepuree Meal	Thaw in refrigerator overnight. Once thawed, use within 2 days. Microwave sealed container on full power for 1.5-2 minutes OR medium high power for 2-2.5 minutes.	Thaw in refrigerator overnight. Once thawed, use within 2 days. Preheat oven to 300 F, place sealed container on baking tray. Heat for 45-50 minutes.
Family-Size Entrée (9x12 in pan)	Foil pan is not microwavable.	Chilled: Preheat to 350°F, bake for 30-45 minutes. Frozen: Thaw in refrigerator for 48 hours then follow instructions for chilled.
Soup (3-serving container)	Chilled: Place soup in microwave safe bowl. Microwave 3-4 minutes on high Frozen: Thaw in refrigerator for 48 hours then follow instructions for chilled.	Chilled: Preheat to 250°F, bake for 20 minutes. Frozen: Thaw in refrigerator for 48 hours then follow instructions for chilled.
Baked Goods – Crisps (Can be served warm or chilled.)	Foil pan is not microwavable.	Chilled: Preheat to 250°F, bake for 20 minutes. Frozen: Thaw in refrigerator for 48 hours then follow instructions for chilled.
Baked Goods – Cookies/ Muffins/Biscuits	Thaw & Serve.	Thaw & Serve.