

# chef for hire

home  
delivered  
meals

## General Instructions for Heating Frozen On Tray Meals

### Oven:

1. Pre-heat oven to **300** degrees
2. Place sealed On-Tray on baking pan or on two layers of aluminum foil
3. Place meal on middle rack of oven
4. Heat meal approx. 40 minutes until product reaches an internal temperature of 165 degrees

### Microwave:

1. Place small slits in Film over each compartment of On tray Meal
2. Place on paper towel in Microwave
3. Microwave on High for 5 to 10 Minutes depending on the power of the Microwave.
4. Make sure to rotate the meal half way through re heating to an internal temperature of 165 degrees

### Side Items:

1. Store all supplemental components (fruit cup, pudding Margarine, desserts, and bread) in refrigerator or freezer.
2. Thaw supplemental components in refrigerator. Use or discard within 7 days from time product is placed in refrigerator to thaw.
3. Do not thaw any meal components at room Temperature.
4. Do not refreeze any of the meal components.

Note: All ovens and Microwave cooking times and setting will vary due to variations in equipment, weather conditions and type of product being cooked.