

## **Frozen Meals Heating Directions**

### **Oven**

Preheat oven to 350 F. Place the frozen meal container on a cookie sheet. Do not remove the plastic film. Heat according to label directions, or until the food is heated through. Food is heated properly when the sauce, or gravy is bubbling and there are no cold spots on the bottom of the container. To crisp foods such as chicken nuggets or fish and chips uncover plastic film over the crispy food.

### **Microwave**

Puncture the plastic film cover with a fork. Heat the meal on high according to the label directions. For best results in the microwave, heat for 2/3 of the total time on the label. Let stand for 2 to 5 minutes in the microwave, continue heating the remainder of the time. Food is heated properly when the sauce or gravy is bubbling and there are no cold spots on the bottom of the container.

### **Note**

Several factors may affect the heating time of the meals, including the accuracy of the oven, the thickness of the food, and the temperature of the food when it is put into the oven. Defrosted foods generally take approximately 2/3 of the time that is required to heat the meal from a frozen state. The following are general directions to be used as guidelines for heating the meals.