



Heat & Eat Meals Cooking Guide

Microwave

Microwave cook times may vary depending on oven voltage.

IMPORTANT! DO NOT PUNCTURE, CUT OR REMOVE FILM BEFORE HEATING

1. Remove tray from sleeve. Do not puncture film.
2. FROM REFRIGERATED: Heat in microwave on high for 2-3 minutes until heated thoroughly.
3. FROM FROZEN: Heat in microwave on high for 3-4 minutes until heated thoroughly.

*NOTE: Film will slowly inflate while heating as steam builds up

USE CAUTION WHEN OPENING: Package may produce HOT steam after heating.

Conventional Oven

1. Preheat oven to 350° F degrees.
2. Remove label and film from tray, remove and place food into oven safe container.
3. Heat 12-14 minutes.

Do not place package in oven.