

COOKING INSTRUCTIONS

STORAGE AND REHEATING INSTRUCTIONS

Please store your meal in the refrigerator if not eaten immediately. Discard the meal after 5 days. When reheating your meal please follow these instructions:

TO REHEAT IN THE OVEN:

Poke 2-3 small holes in the plastic film before putting your meal in the oven. Bake at a maximum temperature of 325° F for 12-15 minutes. Check temperature of the food and continue for a few more minutes if necessary.

CAUTION: Heating the container at temperatures greater than 325° F will cause the cover to smoke.

TO REHEAT IN THE MICROWAVE:

Poke 2-3 small holes in the plastic film, place your meal in the microwave, and heat on highest setting for 3-4 minutes. Check the temperature and heat for a few more seconds if necessary. Use the same procedure for the Frozen Breakfast.

TO HEAT FROM FROZEN:

Poke 2-3 small holes in the plastic film before putting your meal in the oven. Place the dish in the oven and bake at 325°F for 15-20 minutes. Check temperature of the food and continue for a few more minutes if necessary.

Please Note:

Handle all heated containers with care.

Our containers are compostable, microwaveable and oven safe.

There is no need to remove the plastic film for heating the meal.

All meals from Burnaby Meals on Wheels are low in sodium.