

## **HEATING TIMES FOR YOUR FULLY-COOKED *BETTER MEALS* (FROM FROZEN)**

The following information is approximate only. Heating times are based on a 1000watt microwave. Actual heating times may vary, your microwave or oven may require longer or shorter heating times.

Heating times in minutes:	Microwave	Oven	My Time	Heating times in minutes:	Microwave	Oven	My Time
<b><i>Soups:</i></b>				<b><i>Individual Items:</i></b>			
(all – minimum)	4	25		759 BBQ Chicken	4.5	25	
<b><i>Entrées:</i></b>				766 BBQ Ribette	3.5	25	
235 Baked Ham	4	25		734 Baked Lasagna	6.5	35	
232 Bangers & Mash	4	30		739 Beef Casserole	6	35	
226 Beef Stew	6	35		756 Beef Stroganoff	6	30	
224 Chicken à la king	5.5	35		749 Breaded Cod	6.5	35	
233 Chicken Cacciatore	4	30		751 Buttered Chicken	4.5	35	
225 Chicken Supreme	6	30		731 Cabbage Rolls	6.5	40	
223 Grilled Salmon	4	25		746 Cheese Manicotti	3.5	30	
239 Meat Loaf	4	30		742 Chicken Fettuccine	5.5	35	
238 Pasta Bolognese	5	35		733 Chicken Stew	6	35	
221 Poached Cod	4	25		774 Chicken Stir-fry	4.5	25	
229 Roast Beef	4	30		760 Chicken Souvlaki	3	25	
236 Roast Pork	4	30		770 Chicken Teriyaki	4.5	35	
227 Roast Turkey	4	30		738 Chili Con Carne	5.5	35	
222 Tuna Casserole	5	35		743 Chow Mein	5	25	
237 Salisbury Steak	5	30		761 Coq au Vin	4.5	35	
231 Swiss Steak	5	30		758 Coquille St. Jacques	6	35	
234 Veal Cutlet	5	30		764 Cordon Bleu	5	25	
<b><i>Desserts:</i></b>				747 Ginger Beef	4.5	25	
All cakes and *tarts require 15-30secs in microwave or 5-10mins in oven. Puddings require 4-5mins in microwave or 10-15mins in oven.				765 Ginger Pork	4.5	25	
				768 Hungarian Goulash	5	35	
				763 Pulled Pork	4.5	25	
				750 S&S Meat Balls	5.5	35	
<b><i>Breakfast:</i></b>				745 Salmon Teriyaki	4.5	25	
722 Bacon & Egg	4	15		753 Steak and Prawns	3.5	25	
899 Blueberry Muffins	30 sec	10		736 Swedish Meatballs	5	35	
893 Bran Muffins	30 sec	10		762 Turkey Cutlet	4.5	25	
895 Cheese Biscuits	30 sec	10		772 Veal Parmigiana	4.5	25	
894 Raisin Scones	30 sec	10		<b><i>Snacks:</i></b>			
709 Oatmeal Cereal	5	30		701 Chicken Fingers	2	15	
726 French Toast	2	15		896 Cornish Pasties	2**	15**	
727 Pancakes & Sausage	2	15		887 Mac & Cheese	6.5	35	
721 Sausage & Egg	4	15		898 Quiche Florentine	3.5**	15**	
<b><i>Meat Pies:</i></b>				897 Quiche Lorraine	3.5**	25**	
713 Beef & Onion Pie	3.5	15		<b><i>Side Dishes:</i></b>			
714 Chicken Pie	3.5	15		702 Beef Gravy	4	25	
715 Shepard's Pie	6	35		708 Brown Rice	2	15	
712 Steak & Kidney Pie	3.5	15		704 Mashed Potatoes	3	20	
711 Steak Pie	4	15		707 Potato Wedges	2	15	
<b><i>Fruit Pies:</i></b>				706 Scalloped Potatoes	2.5	20	
890 Apple Crumble Pie	3*	20**		705 Yam Wedges	2	15	
892 Peach Pie	3*	20**		703 Vegetable Platter	3	15	
891 Rhubarb Crumble	3*	20**		889 Fruit Lax	Let defrost in refrigerator.		

**These markings indicate:** [ \* ] Remove aluminum dish (items marked with \*) before heating in microwave.

[ \*\* ] Remove cling-film (items marked with \*\*) before heating in microwave or oven.



**BETTER MEALS**

For more information call (604)-299-1877 or toll-free 1-888-838-1888