

## BETTER MEALS SERVING INSTRUCTIONS

- All **Better Meals** are fully cooked. **Better Meals** containers and top seal (lidding film) are safe in the microwave and the oven.
- **The Golden Rule: It is better to undercook than to overcook. Try heating frozen meal with reduced time and add more if needed.**
- The following information and those on the reverse are approximate only. Actual time may vary.
- Microwave heating times are based on a 1000watt microwave oven. Your microwave or oven may require longer or shorter heating times.
- You can record your ideal heating times in the “My Time” column (on reverse) for future reference.
- **DO NOT** re-freeze meals once they are thawed. If you have any questions, please call the order desk at **Better Meals**.

ITEM	MICROWAVE	OVEN	TOASTER OVEN
<b>SOUP</b>	<ol style="list-style-type: none"> <li>1. Place frozen soup on a microwave safe dish.</li> <li>2. Heat soup with <u>top seal on</u> for 4mins on high or until hot.</li> <li>3. Carefully remove seal and serve.</li> </ol>	<ol style="list-style-type: none"> <li>1. Preheat oven to 350°F (160°C).</li> <li>2. Place frozen soup on an oven safe dish on middle rack.</li> <li>3. Heat soup with <u>top seal on</u> for 25mins or until hot.</li> <li>4. Carefully remove seal and serve.</li> </ol>	<ol style="list-style-type: none"> <li>1. Preheat toaster oven to 350°F (160°C).</li> <li>2. Place frozen soup on an oven safe dish.</li> <li>3. Cover top soup with aluminum foil.</li> <li>4. Heat soup <u>with top seal on</u> for 25mins or until hot.</li> <li>5. Carefully remove foil and top seal.</li> </ol>
<b>ENTRÉE</b>	<ol style="list-style-type: none"> <li>1. Heat frozen dinner with <u>top seal on</u> for 4-6mins on high (see chart).</li> <li>2. Add more heating time if the bottom of the tray is not warm.</li> <li>3. Carefully remove seal and serve.</li> </ol>	<ol style="list-style-type: none"> <li>1. Preheat oven to 350°F (160°C).</li> <li>2. Place meal on middle rack and heat with <u>top seal on</u> for 25mins or until hot.</li> <li>3. Add more heating time if the bottom of the tray is not warm.</li> <li>4. Carefully remove seal and serve.</li> </ol>	<ol style="list-style-type: none"> <li>1. Preheat toaster oven to 350°F (160°C).</li> <li>2. Cover top of dinner with aluminum foil.</li> <li>3. Heat frozen dinner <u>with top seal</u> for 25mins (see chart) or until hot.</li> <li>4. Carefully remove foil and top seal.</li> </ol>
<b>DESSERT</b>	<ol style="list-style-type: none"> <li>1. Heat frozen dessert with <u>top seal on</u> for 15secs on high <b>or until warm</b>.</li> <li>2. Carefully remove seal and serve.</li> </ol>	<ol style="list-style-type: none"> <li>1. Preheat oven to 350°F (160°C).</li> <li>2. Heat frozen dessert on the middle rack with <u>top seal on</u> for 5mins <b>or until warm</b>.</li> <li>3. Carefully remove seal and serve.</li> </ol>	<ol style="list-style-type: none"> <li>1. Preheat toaster oven to 350°F (160°C).</li> <li>2. Cover top of dessert with aluminum foil.</li> <li>3. Heat dessert <u>with top seal on</u> for 5mins <b>or until warm</b>.</li> <li>4. Carefully remove foil and top seal.</li> </ol>
<b>SPECIALTY ITEM</b>	<ol style="list-style-type: none"> <li>1. Remove aluminum dish (where applicable) and place item on microwave safe dish.</li> <li>2. Heat specialty item (with <u>top seal on</u> where applicable) until warm (see chart).</li> <li>3. Carefully remove seal and serve.</li> </ol>	<ol style="list-style-type: none"> <li>1. Preheat oven to 350°F (160°C).</li> <li>2. Remove cling-film (where applicable) and place item on oven safe dish on the middle rack.</li> <li>3. Heat specialty item (with <u>top seal on</u> where applicable) until warm (see chart).</li> <li>4. Carefully remove foil or seal.</li> </ol>	<ol style="list-style-type: none"> <li>1. Preheat toaster oven 350°F (160°C).</li> <li>2. Remove cling-film (where applicable) and cover top of specialty item with aluminum foil.</li> <li>3. Heat specialty item (with <u>top seal on</u> where applicable) until warm (see chart)</li> <li>4. Carefully remove foil and top seal.</li> </ol>