

Item (frozen)	MICROWAVE (1000W)	OVEN preheat to 350° F (160° C)	TOASTER OVEN preheat to 350° F (160° C)
SOUPS	<ol style="list-style-type: none"> Place container on a microwave-safe dish Heat soup with top seal on, for time indicated or until hot Carefully remove seal, stir and serve 	<ol style="list-style-type: none"> Place container on an oven-safe dish or tray Heat soup with top seal on, for 25 minutes or until hot Carefully remove seal, stir and serve 	<ol style="list-style-type: none"> Place container on an oven-safe dish or tray Cover top of soup container with aluminum foil Heat soup with top seal on, for 25 minutes or until hot Carefully remove seal, stir and serve
MEALS AND SPECIALTY ITEMS	<ol style="list-style-type: none"> Remove aluminum tray (where applicable) Remove cling film (where applicable) Heat with top seal in place for the amount of time indicated on side of tray Add more heating time if the bottom of the tray is not warm Carefully remove seal and serve 	<ol style="list-style-type: none"> Remove cling film (where applicable) Place container on middle rack of oven and heat with top seal on for time indicated on side of meal container Add more heating time if the bottom of the tray is not warm Carefully remove the seal and serve 	<ol style="list-style-type: none"> Remove cling film (where applicable) Cover top of container with aluminum foil Heat with top seal on for time indicated on side of meal container Add more heating time if the bottom of the tray is not warm Carefully remove the seal and serve
DESSERTS	<ol style="list-style-type: none"> Defrost in refrigerator If you want it warm, leave top seal intact and heat for 15 seconds or until warm Carefully remove seal and serve 	<ol style="list-style-type: none"> Defrost in refrigerator If you want it warm, heat on middle rack of oven with top seal on for 5 minutes or until warm Carefully remove the seal and serve 	<ol style="list-style-type: none"> Defrost in refrigerator If you want it warm, cover container with aluminum foil and heat with top seal on for 5 minutes or until warm Carefully remove the seal and serve