



MEALS on WHEELS
WESTLAKE

TOGETHER, WE CAN DELIVER.

HOT MEAL CONTAINER REHEATING INSTRUCTIONS

Sealed meals may be frozen upon receipt. May be kept frozen for up to 4 weeks.

If meal is not eaten within 4 weeks, discard the meal.

Food may not be safe to eat after 4 weeks.

DO NOT RE-HEAT THE CARDBOARD MEAL CONTAINERS IN A TOASTER OVEN.

THEY CAN CATCH FIRE OR BURN

* Hospital Meals in foil trays can be heated in a toaster oven

MICROWAVE INSTRUCTIONS *(for cardboard containers only)*

If frozen - thaw overnight in refrigerator before putting in microwave.

Poke holes in the film covering each section of your meal, OR loosen the film from each corner of the carton. *This will allow steam to vent.*

To re-warm:

Cook on high 1-2 minutes

To re-heat from the refrigerator:

Cook on high for 2-3 minutes

Let rest in microwave oven for 1 minute

VERY SLOWLY AND CAREFULLY remove the film.

Be careful of the STEAM

CONVENTIONAL OVEN INSTRUCTIONS *(for cardboard and foil trays)*

If frozen - thaw overnight in refrigerator before putting in oven.

- **Pre-heat oven to 225°F** *Containers cannot stand higher heat.*
- **Poke holes in the film** covering each section of your meal, OR loosen the film from each corner of the carton. This will allow steam to vent during re-heating.
- **Place on a baking sheet**

To re-warm:

Heat for 15-20 minutes

To re-heat from the refrigerator:

Heat for 20-30 minutes

- **Carefully remove** the baking sheet from the oven.
- **Let rest** on baking sheet 1-2 minutes.