

THINGS TO KNOW BEFORE REHEATING MEALS AND SOUPS

All meals are precooked. Reheating is all that is needed.

1. The trays, bowls, nutrition labels and the plastic film are microwavable. Plastic soup cups are **NOT** microwavable.
2. **DO NOT reheat meals in a toaster oven under any circumstances.**
3. Reheating times below are guidelines. Reheating time is based on your microwave, oven, or type of entrée. You can adjust times based on these variables.
4. Use pot holders as a precaution to remove hot meals from microwave or oven.
5. Meals on Wheels is not responsible for any damages caused by reheating meals.

SOUP

Do not put plastic soup cups into the oven or microwave. We recommend that soups are thawed in the refrigerator for 8-10 hours. After thawing, eat within 24 hours.

Stove: reheat in a cooking pot on the stove and stir regularly until bubbling.

Microwave: Place into a microwave safe bowl. Microwave on high for 1-2 minutes.

MICROWAVE

Meals can be thawed in the refrigerator for 8-10 hours. Thawing meals reduces cooking time. Once thawed, eat within 24 hours. **Do not** thaw on counter.

- Dense entrees like lasagna or shepherd's pie require longer than fish or sliced meats. Pancakes heat more quickly.
- Sauces, gravies, and vegetables benefit from stirring midway and before eating.

Frozen Meals: peel back or puncture/pierce film to vent steam in all meal trays.

Microwave on high for 3-6 minutes depending on the entrée. Use pot holders to remove meals as a precaution. Pull film away from you so the steam does not burn you.

Thawed Meals: peel back or puncture/pierce film to vent steam in all meal trays.

Microwave on high for 2-4 minutes depending on the entrée. Use pot holders to remove meals as a precaution. Pull film away from you so the steam does not burn you.

OVEN

- Labels are NOT safe for the oven.
- Dense entrees like lasagna or shepherd's pie require longer than fish or sliced meats. Pancakes heat more quickly.
- Sauces, gravies, and vegetables benefit from stirring midway and before eating.

Frozen Meals: preheat oven to 350 degrees F. Remove film with label attached. Cover black tray with foil or parchment paper and place on top of baking sheet. OR put meal in oven safe container and discard black tray. Heat for about 30-40 minutes. Use pot holders to remove meals as a precaution.

Frozen Meals: preheat oven to 350 degrees F. Remove film with label attached. Cover black tray with foil or parchment paper and place on top of baking sheet. OR put meal in oven safe container and discard black tray. Heat for about 10-20 minutes. Use pot holders to remove meals as a precaution.