

## Beef Pot Pie

**Ingredients:** **FILLING** – Water · Pot roast · Carrots · Peas · Onions · Yams · Celery · Sweet potatoes · Red wine · Beef au jus (corn syrup solids, potato starch, salt, hydrolyzed soy protein, modified potato starch, sugar, salt, wheat flour, dehydrated vegetables (tomato, onion, garlic, beet), skim milk powder, dehydrated red wine, canola oil, glucose solids, caramel colour, xanthan gum, disodium inosinate, disodium guanylate, citric acid, torula yeast, maltodextrin, natural and artificial flavours, yeast extract) · Eggs · Corn starch · Unsalted butter · Demi-glace (hydrolyzed soy and corn protein, yeast extract [includes barley] corn syrup solids, dehydrated vegetables [tomatoes, onions, beets, garlic], flavour [includes sulphites], colour [caramel, sunset yellow FCF, tartrazine], modified cellulose, beef extract, disodium guanylate, disodium inosinate, citric acid, artificial flavour) · Garlic · Rosemary. **PIE SHELL** – Enriched wheat flour · Vegetable oil shortening (canola oil, palm oil, and modified palm oil) · Water · Corn starch · Corn flour · Dextrose · Salt · Soya lecithin · Protease enzyme · Sodium propionate. **PIE TOP** – Enriched wheat flour · Vegetable oil shortening (canola oil, palm oil, and modified palm oil) · Water · Dextrose · Salt · Soya lecithin · Sodium propionate · Artificial flavour and colour.

**Contains:** Milk · Wheat · Soy · Celery · Eggs · Sulphites.

**Conventional oven cooking time: 30 minutes + 15 minutes without lid. Microwave not recommended.**

## Cabbage Rolls with Potatoes and Tomato Sauce

**Ingredients:** Cabbage · Potato · Beef · Pork · Rice · Onion · Carrots · Tomato fillets (tomatoes, tomato puree, salt, and citric acid) · Eggs · Bread (enriched wheat flour, water, canola and palm oil shortening, yeast, sugar, salt, modified milk ingredients, canola and/or soya oil, amylase, ascorbic acid, lipase, xylanase) · Bacon (pork, water, salt, sodium phosphate, sugar, sodium erythorbate, sodium nitrite, spices, maple flavour, smoke) · Celery · Unsalted butter · Milk · Heavy cream · Demi-glace powder (maltodextrin, wheat flour, corn starch, salt, sugar, tomato powder, yeast extract, flavour, colour, soy sauce powder [soybeans, wheat, salt], onion powder, high oleic sunflower oil, gum Arabic, guar gum, potassium chloride, disodium guanylate, disodium inosinate, beef fat, citric acid, silicon dioxide, dextrose, beef extract, sulphites) · Salt · Parmesan cheese (pasteurized milk, modified milk ingredients, salt, calcium chloride, bacterial culture, lipase, microbial enzyme, cellulose, natamycin) · Garlic · Worcestershire sauce (malt vinegar, spirit vinegar, water, refiner's molasses, sugar, salt, anchovies, tamarind extract, onions, garlic, spice, flavours) · Olive oil · Black pepper · Mustard powder · Oregano · Garlic powder.

**Contains:** Wheat · Barley · Milk · Mustard seed · Fish · Eggs · Soy · Sulphites · Celery.

**May Contain:** Peanuts · Tree nuts.

**Conventional oven cooking time: 50–60 minutes**

## Chicken Cordon Bleu

**Ingredients:** **CHICKEN AND SAUCE** – Chicken breast · Breadcrumbs (toasted breadcrumbs [enriched wheat flour, corn syrup, soybean and/or cotton seed oil, salt, yeast, whey, soy flour, malted barley flour, wheat gluten, whole wheat flour, rye flour, corn flour, oat bran, cornmeal, rice flour, potato flour, skim milk powder, soy lecithin, calcium propionate, sesame seeds, caraway seeds], pecorino romano cheese [pasteurized sheep's milk, cheese culture, salt, rennet], salt dehydrated parsley flakes, spices, onion powder, garlic powder) · Ham · Flour · Eggs · Smoked gruyere cheese (raw milk, salt, bacterial cultures, rennet) · Mozzarella (pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, cellulose, natamycin) · Salt · Pepper · Garlic · Tomato fillet (tomatoes, tomato puree, salt, and citric acid) · Onions · Olive oil · Celery · Carrots · Cloves · Garlic · Salt · Black pepper. **SIDES** – Potatoes · Butter · Whipping cream · Salt · Pepper · Carrots · Butter · Dill · Salt · Pepper.

**Contains:** Milk products · Wheat · Eggs · Celery · Soy · Oats · Barley · Sesame · Rennet.

**Conventional oven cooking time: 30 minutes + 15 minutes without lid. Microwave not recommended.**

## Chicken Pot Pie

**Ingredients:** **FILLING** – Chicken · Water · Carrots · Celery · Onions · Peas · Flour · Butter · Eggs · Whipping cream · Salt · Pepper · Garlic. **PIE SHELL** – Enriched wheat flour · Vegetable oil shortening (canola oil, palm oil, and modified palm oil) · Water · Corn starch · Corn flour · Dextrose · Salt · Soya lecithin · Protease enzyme · Sodium propionate. **PIE TOP** – Enriched wheat flour · Vegetable oil shortening (canola oil, palm oil, and modified palm oil) · Water · Dextrose · Salt · Soya lecithin · Sodium propionate · Artificial flavour and colour.

**Contains:** Milk · Wheat · Soy · Celery · Eggs.

**Conventional oven cooking time: 30 minutes + 15 minutes without lid. Microwave not recommended.**

### Beef Pot Pie

Nutrition Facts	
Valeur nutritive	
Per 1/2 tray (298 g) pour 1/2 de plat (298 g)	
<b>Calories 626</b>	<b>% Daily Value*</b>
<b>Fat / Lipides 38.9 g</b>	<b>52 %</b>
Saturated / saturés 9.5 g	50 %
+ Trans / trans 0.5 g	
<b>Carbohydrate / Glucides 49.1 g</b>	
Fibre / Fibres 2.8 g	10 %
Sugars / Sucres 5.8 g	6 %
<b>Protein / Protéines 19 g</b>	
<b>Cholesterol / Cholestérol 65 mg</b>	
<b>Sodium 613 mg</b>	<b>27 %</b>
Potassium 427 mg	9 %
Calcium 42 mg	3 %
Iron / Fer 4 mg	22 %
*5% or less is a <b>little</b> , 15% or more is a <b>lot</b> / *5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

### Cabbage Rolls with Potatoes and Tomato Sauce

Nutrition Facts	
Valeur nutritive	
Per 1/2 tray (300 g) pour 1/2 de plat (300 g)	
<b>Calories 454</b>	<b>% Daily Value*</b>
<b>Fat / Lipides 15.9 g</b>	<b>21 %</b>
Saturated / saturés 20.2 g	36 %
+ Trans / trans 0.5 g	
<b>Carbohydrate / Glucides 49.3 g</b>	
Fibre / Fibres 6.8 g	24 %
Sugars / Sucres 7 g	7 %
<b>Protein / Protéines 28.9 g</b>	
<b>Cholesterol / Cholestérol 113 mg</b>	
<b>Sodium 749 mg</b>	<b>33 %</b>
Potassium 1012 mg	22 %
Calcium 115 mg	9 %
Iron / Fer 4 mg	22 %
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### Chicken Cordon Bleu

Nutrition Facts	
Valeur nutritive	
Per 1/2 tray (298 g) pour 1/2 de plat (298 g)	
<b>Calories 516</b>	<b>% Daily Value*</b>
<b>Fat / Lipides 17.9 g</b>	<b>24 %</b>
Saturated / saturés 7.6 g	39 %
+ Trans / trans 0.2 g	
<b>Carbohydrate / Glucides 55.7 g</b>	
Fibre / Fibres 5.8 g	21 %
Sugars / Sucres 4.3 g	4 %
<b>Protein / Protéines 32.6 g</b>	
<b>Cholesterol / Cholestérol 123 mg</b>	
<b>Sodium 1448 mg</b>	<b>63 %</b>
Potassium 908 mg	19 %
Calcium 214 mg	16 %
Iron / Fer 5 mg	28 %
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### Chicken Pot Pie

Nutrition Facts	
Valeur nutritive	
Per 1/2 tray (235 g) pour 1/2 de plat (235 g)	
<b>Calories 572</b>	<b>% Daily Value*</b>
<b>Fat / Lipides 30 g</b>	<b>40 %</b>
Saturated / saturés 7 g	35 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 46 g</b>	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 3 g	3 %
<b>Protein / Protéines 17 g</b>	
<b>Cholesterol / Cholestérol 36 mg</b>	
<b>Sodium 1094 mg</b>	<b>48 %</b>
Potassium 280 mg	6 %
Calcium 36 mg	3 %
Iron / Fer 2 mg	11 %
*5% or less is a <b>little</b> , 15% or more is a <b>lot</b> / *5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

## Reheating Instructions



### Conventional Oven

1. Cook from frozen. Preheat oven to 350°F (177°C).
2. With the lid still on the tray, place the tray on a baking sheet in center of the oven and bake. **Baking time listed with each item in this document.**
3. Remove from oven. **Caution! Tray will be hot.**
4. Let stand for 10 minutes, remove lid, and serve.



### Microwave

Not all meals should be microwaved. Please verify your meal to the left.

1. Defrost and transfer the contents to a microwave-safe container.
2. Microwave on High for 10 minutes.\*
3. Remove from microwave. **Caution! Tray will be hot.**
4. Let stand 10 minutes and serve.

\* Cook to an internal temperature of 165°F (74°C). Individual appliances vary—these are guidelines only.

## Mac and Cheese

**Ingredients:** Milk · Pasta (durum wheat semolina, niacin, folic acid, ferrous sulphate, riboflavin, thiamine mononitrate) · Homogenized milk · Aged cheddar (pasteurized milk, modified milk ingredients, salt, bacterial culture, calcium chloride, microbial enzyme, annatto) · Water · Parmesan cheese (pasteurized milk, modified milk ingredients, salt, calcium chloride, bacterial culture, lipase, microbial enzyme, cellulose, natamycin) · Unsalted butter · Gruyere cheese (raw milk, salt, bacterial cultures, rennet) · Flour · Salt · Breadcrumbs (toasted breadcrumbs [enriched wheat flour, corn syrup, soybean and/or cotton seed oil, salt, yeast, whey, soy flour, malted barley flour, wheat gluten, whole wheat flour, rye flour, corn flour, oat bran, cornmeal, rice flour, potato flour, skim milk powder, soy lecithin, calcium propionate, sesame seeds, caraway seeds], pecorino romano cheese [pasteurized sheep's milk, cheese culture, salt, rennet], salt dehydrated parsley flakes, spices, onion powder, garlic powder) · Pepper · Vegetable oil · Paprika.

**Contains:** Milk · Wheat · Soy.

 **Conventional oven cooking time: 30 minutes**

## Mac and Cheese with Ham

**Ingredients:** Milk · Pasta (durum wheat semolina, niacin, folic acid, ferrous sulphate, riboflavin, thiamine mononitrate) · Homogenized milk · Ham · Aged cheddar (pasteurized milk, modified milk ingredients, salt, bacterial culture, calcium chloride, microbial enzyme, annatto) · Water · Parmesan cheese (pasteurized milk, modified milk ingredients, salt, calcium chloride, bacterial culture, lipase, microbial enzyme, cellulose, natamycin) · Unsalted butter · Gruyere cheese (raw milk, salt, bacterial cultures, rennet) · Flour · Salt · Breadcrumbs (toasted breadcrumbs [enriched wheat flour, corn syrup, soybean and/or cotton seed oil, salt, yeast, whey, soy flour, malted barley flour, wheat gluten, whole wheat flour, rye flour, corn flour, oat bran, cornmeal, rice flour, potato flour, skim milk powder, soy lecithin, calcium propionate, sesame seeds, caraway seeds], pecorino romano cheese [pasteurized sheep's milk, cheese culture, salt, rennet], salt dehydrated parsley flakes, spices, onion powder, garlic powder) · Pepper · Vegetable oil · Paprika.

**Contains:** Milk · Wheat · Soy.

 **Conventional oven cooking time: 30 minutes**

## Meatloaf with Gravy, Mashed Potatoes, and Buttered Carrots

**Ingredients:** Russet potatoes · Ground beef · Ground pork · Water · Onion · Carrots · Celery · Breadcrumbs (toasted bread crumbs from enriched bread [enriched flour (containing wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), glucose-fructose, hydrogenated soybean and cottonseed oils, salt, yeast, whey, soy flour, malted barley flour, wheat gluten, whole wheat flour, rye flour, corn flour, oat bran, corn meal, rice flour, potato flour, nonfat dry milk, soy lecithin, calcium propionate, sesame seeds, caraway seeds], pecorino romano cheese [pasteurized sheep's milk, bacterial culture, salt, enzymes (rennet)], salt, dehydrated parsley flakes, spices, onion powder, garlic powder) · Eggs · Chicken and rib sauce (water, sugar/glucose-fructose, tomato paste, vinegar, salt, modified corn starch, mustard bran, phosphoric acid, spices, colour) · Unsalted butter · Demi-glace (maltodextrin, wheat flour, corn starch, salt, sugar, tomato powder, yeast extract, flavour, colour, soy sauce powder [soybeans, wheat, salt], onion powder, high oleic sunflower oil, gum Arabic, guar gum, potassium chloride, disodium guanylate, disodium inosinate, beef fat, citric acid, silicon dioxide, dextrose, beef extract, sulphites) · Worcestershire Sauce (malt vinegar, spirit vinegar, water, refiner's molasses, sugar, salt, anchovies, tamarind extract, onions, garlic, spice, flavours) · Whipping cream · Salt · Dijon mustard (vinegar, water, mustard seed, salt, chardonnay wine, citric acid, tartaric acid, spices and turmeric) · Parmesan cheese (milk, bacterial culture, salt, lipase, microbial enzymes, calcium chloride) · Garlic · Black pepper · Italian seasoning (marjoram, thyme, rosemary, savory, sage, oregano, basil) · Garlic powder.

**Contains:** Wheat · Milk · Eggs · Soy · Sesame Seeds · Mustard · Barley · Fish · Sulphites · Celery.

**May Contain:** Peanuts · Tree nuts.

 **Conventional oven cooking time: 40–45 minutes**

## Pork and Vegetable Spring Rolls

**Ingredients:** Ground pork · Spring roll wrapper (wheat flour [48%], water, coconut oil, salt, sodium caseinate [milk], wheat starch, maltodextrin, ascorbic acid) · Vermicelli (green beans, peas, water) · Coleslaw (green cabbage, carrots, may contain red cabbage) · Egg · Carrots · Onion · Sesame oil · Salt · Cilantro · Granulated garlic · White sugar · Black pepper.

**Contains:** Wheat · Eggs · Milk.

 **Conventional oven cooking time: 30 minutes + 15 minutes without lid. Microwave not recommended.**

### Mac and Cheese

Nutrition Facts	
Valeur nutritive	
Per 1/2 tray (223 g) pour 1/2 de plat (223 g)	
<b>Calories 539</b>	<b>% Daily Value*</b>
<b>Fat / Lipides 32.4 g</b>	<b>43 %</b>
Saturated / saturés 19.6 g	99 %
+ Trans / trans 0.2 g	
<b>Carbohydrate / Glucides 42.1 g</b>	
Fibre / Fibres 0.4 g	1 %
Sugars / Sucres 2.5 g	3 %
<b>Protein / Protéines 21.8 g</b>	
<b>Cholesterol / Cholestérol 135 mg</b>	
<b>Sodium 855 mg</b>	<b>37 %</b>
Potassium 274 mg	6 %
Calcium 434 mg	33 %
Iron / Fer 2 mg	11 %
*5% or less is a <b>little</b> , 15% or more is a <b>lot</b> / *5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

### Mac and Cheese with Ham

Nutrition Facts	
Valeur nutritive	
Per 1/2 tray (315 g) pour 1/2 de plat (315 g)	
<b>Calories 604</b>	<b>% Daily Value*</b>
<b>Fat / Lipides 35.9 g</b>	<b>48 %</b>
Saturated / saturés 20.8 g	105 %
+ Trans / trans 0.2 g	
<b>Carbohydrate / Glucides 43.7 g</b>	
Fibre / Fibres 0.9 g	3 %
Sugars / Sucres 2.5 g	3 %
<b>Protein / Protéines 28.4 g</b>	
<b>Cholesterol / Cholestérol 157 mg</b>	
<b>Sodium 1377 mg</b>	<b>60 %</b>
Potassium 389 mg	8 %
Calcium 487 mg	37 %
Iron / Fer 3 mg	17 %
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### Meatloaf with Gravy, Mashed Potatoes, and Buttered Carrots

Nutrition Facts	
Valeur nutritive	
Per 1/2 tray (259 g) pour 1/2 de plat (259 g)	
<b>Calories 378</b>	<b>% Daily Value*</b>
<b>Fat / Lipides 16.3 g</b>	<b>22 %</b>
Saturated / saturés 6.9 g	37 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 31.8 g</b>	
Fibre / Fibres 3.8 g	14 %
Sugars / Sucres 6.5 g	7 %
<b>Protein / Protéines 24.6 g</b>	
<b>Cholesterol / Cholestérol 94 mg</b>	
<b>Sodium 1226 mg</b>	<b>53 %</b>
Potassium 815 mg	17 %
Calcium 71 mg	5 %
Iron / Fer 3 mg	17 %
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### Pork and Vegetable Spring Rolls

Nutrition Facts	
Valeur nutritive	
Per 1 piece (106 g) par 1 pièce (106 g)	
<b>Calories 177</b>	<b>% Daily Value*</b>
<b>Fat / Lipides 6.9 g</b>	<b>9 %</b>
Saturated / saturés 2.3 g	12 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 60.8 g</b>	
Fibre / Fibres 10.3 g	37 %
Sugars / Sucres 21.1 g	21 %
<b>Protein / Protéines 14.3 g</b>	
<b>Cholesterol / Cholestérol 34 mg</b>	
<b>Sodium 440 mg</b>	<b>19 %</b>
Potassium 681 mg	14 %
Calcium 108 mg	8 %
Iron / Fer 2 mg	11 %
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## Reheating Instructions



### Conventional Oven

1. Cook from frozen. Preheat oven to 350°F (177°C).
2. With the lid still on the tray, place the tray on a baking sheet in center of the oven and bake. **Baking time listed with each item in this document.**
3. Remove from oven. **Caution! Tray will be hot.**
4. Let stand for 10 minutes, remove lid, and serve.



### Microwave

Not all meals should be microwaved. Please verify your meal to the left.

1. Defrost and transfer the contents to a microwave-safe container.
2. Microwave on High for 10 minutes.\*
3. Remove from microwave. **Caution! Tray will be hot.**
4. Let stand 10 minutes and serve.

\* Cook to an internal temperature of 165°F (74°C). Individual appliances vary—these are guidelines only.

## Shepherd's Pie with Gravy

**Ingredients:** **TOPPING** – Yukon gold potatoes · Whipping cream · Butter (pasteurized cream) · Salt · Pepper. **FILLING** – Ground beef · Cream corn · Corn · Onions · Carrots · Peas · Au jus powder (corn syrup solids, potato starch, salt, hydrolyzed soy protein, corn starch, colour, dextrose, flour [wheat], canola oil, citric acid, garlic powder, disodium guanylate, disodium inosinate, sugar, flavour [includes celery, onion], beef extract) · Demi-glace powder (flour, sugar, modified corn starch, salt, canola oil, hydrolyzed soy protein, yeast extract [includes barley] corn syrup solids, dehydrated vegetables [tomatoes, onions, beets, garlic], flavour [includes sulphites], colour [caramel, sunset yellow FCF, tartrazine], modified cellulose, beef extract, disodium guanylate, disodium inosinate, citric acid, artificial flavour) · Worcestershire sauce (malt vinegar [barley], spirit vinegar, water, refiner's molasses, sugar, salt, anchovies [fish], tamarind extract, onions, garlic, spice, flavours) · Salt · Pepper.

**Contains:** Wheat · Soy · Milk · Barley · Fish · Celery.

**May Contain:** Annatto

 **Conventional oven cooking time: 50–60 minutes**

## Sweet Potato Stew

**Ingredients:** **STEW** – Water · Sweet potatoes · Coconut milk (coconut milk, water, guar gum, and polysorbate 60) · Kale · Yellow onions · Brown lentils (lentils, water, salt, calcium chloride, disodium EDTA, citric acid) · Black-eyed peas (black-eyed peas, water, salt, disodium EDTA) · Coconut oil · Dried chili flakes · Ginger · Garlic · Organic vegetable stock (vegetables [carrots, celery, onion] salt, hydrolyzed corn protein, maltodextrin, cane sugar, canola oil, yeast extract, corn syrup solids, natural flavours, dried potato, turmeric) · Cumin · Sea salt · Turmeric · Coriander · Pepper. **RICE** – Basmati rice · Water · Salt · Pepper.

**Contains:** Celery.

**May Contain:** Wheat.

 **Conventional oven cooking time: 40–45 minutes**

### Shepherd's Pie with Gravy

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 1/2 tray (209 g) pour 1/2 de plat (209 g)	
<b>Calories 252</b>	<b>% Daily Value*</b>
	<b>% valeur quotidienne*</b>
<b>Fat / Lipides 7.5 g</b>	10 %
Saturated / saturés 3.5 g	18 %
+ Trans / trans 0.1 g	
<b>Carbohydrate / Glucides 20.9 g</b>	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 3.5 g	4 %
<b>Protein / Protéines 23.7 g</b>	
<b>Cholesterol / Cholestérol 67 mg</b>	
<b>Sodium 923 mg</b>	40 %
Potassium 728 mg	15 %
Calcium 21 mg	2 %
Iron / Fer 3 mg	17 %
*5% or less is a <b>little</b> , 15% or more is <b>a lot</b> / *5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

### Sweet Potato Stew

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 1/2 tray (283 g) pour 1/2 de plat (283 g)	
<b>Calories 262</b>	<b>% Daily Value*</b>
	<b>% valeur quotidienne*</b>
<b>Fat / Lipides 11 g</b>	15 %
Saturated / saturés 9.3 g	47 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 36.9 g</b>	
Fibre / Fibres 6.2 g	22 %
Sugars / Sucres 1.8 g	2 %
<b>Protein / Protéines 6.1 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 101 mg</b>	4 %
Potassium 615 mg	13 %
Calcium 53 mg	41 %
Iron / Fer 2 mg	11 %
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## Reheating Instructions



### Conventional Oven

1. Cook from frozen. Preheat oven to 350° F (177° C).
2. With the lid still on the tray, place the tray on a baking sheet in center of the oven and bake. **Baking time listed with each item in this document.**
3. Remove from oven. **Caution! Tray will be hot.**
4. Let stand for 10 minutes, remove lid, and serve.



### Microwave

Not all meals should be microwaved. Please verify your meal to the left.

1. Defrost and transfer the contents to a microwave-safe container.
2. Microwave on High for 10 minutes.\*
3. Remove from microwave. **Caution! Tray will be hot.**
4. Let stand 10 minutes and serve.

\* Cook to an internal temperature of 165° F (74° C). Individual appliances vary—these are guidelines only.