



## Heating Instructions

All meals can be reheated in containers. Remove lids before heating in the oven or microwave  
\*\*Preheat oven to 350°F unless otherwise instructed\*\*

FAMILY SIZE MEALS-From Frozen: 1 ½-2 hours in an oven  
Thawed: Bake for 1-1 ½ hours in an oven

DOUBLE SIZE MEALS-From Frozen 45-60 minutes in an oven  
Thawed: 35-45 minutes in an oven  
(6-8 minutes in a microwave)

SINGLE SIZE MEALS-From Frozen: 30-40 minutes in an oven  
Thawed: 20-30 minutes in an oven  
(4-6 minutes in a microwave)

MEAT PIES-Frozen: 60-75 minutes in an oven or until heated thoroughly  
Cooked: 25-35 minutes in an oven or 4-5 minutes in a microwave

SAUSAGE ROLLS-15 to 20 minutes in an oven or approx. 2 minutes in a microwave

\*\*Ensure all meals have an internal temperature of 170°F prior to serving as cooking times may vary\*\*

QUICHE-Bake at 325°F for 20-25 minutes in an oven

FRUIT PIES-Bake from frozen at 375°F for 60-75 minutes  
Note: All berry pies are best baked the day before consuming to allow the fruit to set completely

Enjoy!