

## HEATING GUIDE & RECOMMENDATIONS

### CONVENTIONAL OVENS

It is best to pre-heat the oven, especially electric ovens, then put the container in without removing the lid. The temperature and the time needed depends on the type of container, and whether it has been thawed. If you find the results are not right after following the information below, it is best to adjust the temperature rather than vary the heating time.

**Main meals in flat, 3 part trays:**

If frozen they need 30 minutes in a 200 C. oven. (400 F.) If thawed they only need 20 minutes. With the crumbed meals, such as Chichen Schnitzel, Salmon Patties, etc., open the lid over the crumbed portion and bend it up clear. The same applies to Beefsteak Pie and Cornish Pastie because of the pastry.

**Main meals in tub containers:**

These should be heated for 50-55 minutes in a 200 C. (400 F.) oven. If thawed they require 15 minutes less, at the same temperature.

**Desserts:**

If frozen they need 20 minutes in a 200 C. oven. (400 F.) If thawed they only need 15 minutes.

### BENCHTOP OVENS/TOASTERS/GRILLERS

These can be successfully used, but be sure that if there is an option to use a top element that it be **NOT USED**. Numerous people have set fire to the cardboard based lid because of this. Use the same times as for a conventional oven.

### MICROWAVE OVENS

A microwave can be successfully used to heat our meals. Our meals are fully cooked and just require heating so they are nice to eat.

We recommend meals are popped out of their container (while frozen) placed in a microwavable container and heated for the following times as a guide (as power of microwaves vary)

**Main meals in flat, 3 part trays:** 5-6 minutes

**Main meals in tub containers:** 7-8 minutes

**Desserts:** 3-4 minutes

Successful heating in the container can be achieved in some larger microwaves making sure the container is located in the centre of the rotating plate.