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Note: The heating instructions are a guide only.

Please Note: Serve hot. Do not reheat or refrigerate once heated. Heating times may vary depending on the type of dish, quantity being reheated, oven, steamer or microwave.

Caution: Tray and contents will be hot after heating.

HEATING INSTRUCTIONS - MICROWAVE

Soup:

- 1. Cut off the top corner of the pouch.
- 2. Pour the soup into a microwave safe bowl.
- 3. Cover with a microwave safe lid.
- 4. Heat the soup in the microwave for the time indicated on the label.
- 5. Stand for 1 minute.
- 6. Take the dish out of the microwave using a tea towel or cloth, taking care as the dish will be hot.

Please Note: Heating times are based on a 900 watts microwave. Heating times should be used as a guide only as microwaves vary. Serve hot. Do not reheat or refrigerate once heated.

Caution: Dish and contents will be hot after heating.

Main Meal - 2 parts

1. Main meal (eg: roast and potato)

- 1. Remove the label.
- 2. Heat the meal in the microwave for the time indicated on the label.
- 3. Stand for 1 minute.

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4. Peel back film, taking care as hot steam will escape.

Please Note: Heating times are based on a 900 watts microwave. Heating times should be used as a guide only as microwaves vary. Serve hot. Do not reheat or refrigerate once heated.

Caution: Tray and contents will be hot after heating.

2. Side Dish (e.g. rice)

- 1. Remove the label.
- 2. Heat the meal in the microwave for the time indicated on the label.
- 3. Stand for 1 minute.
- 4. Peel back film, taking care as hot steam will escape.

Please Note: Heating times are based on a 900 watts microwave. Heating times should be used as a guide only as microwaves vary. Serve hot. Do not reheat or refrigerate once heated.

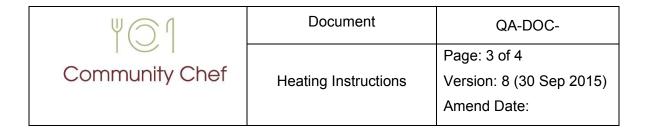
Caution: Tray and contents will be hot after heating.

3. Vegetable Side Dish

- 1. Remove the label.
- 2. Heat the meal in the microwave for the time indicated on the label.
- 3. Stand for 1 minute.
- 4. Peel back film, taking care as hot steam will escape.

Please Note: Heating times are based on a 900 watts microwave. Heating times should be used as a guide only as microwaves vary. Serve hot. Do not reheat or refrigerate once heated.

Caution: Tray and contents will be hot after heating.



Dessert: heated desserts (eg: sticky date pudding)

- 1. Remove the label.
- 2. Heat the meal in the microwave for the time indicated on the label.
- 3. Stand for 1 minute.
- 4. Peel back film, taking care as hot steam will escape.

Please Note: Heating times are based on a 900 watts microwave. Heating times should be used as a guide only as microwaves vary. Serve hot. Do not reheat or refrigerate once heated.

Caution: Tray and contents will be hot after heating.

Cold meals – no heating required

- Sandwiches
- Salad
- Desserts (cold)

HEATING INSTRUCTIONS – STOVE TOP, OVEN AND STEAM

Stove Top Heating - Soup

- 1. Cut off the top corner of the pouch.
- 2. Pour the soup in a saucepan.
- 3. Simmer on medium heat, stirring frequently, until hot.

Please Note: Serve hot. Do not reheat or refrigerate once heated.

Caution: Soup will be hot after heating.

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Oven Heating - Meals and heated desserts

- 1. Remove the label.
- 2. Peel off the plastic film on top of the meal.
- 3. Take the meal out of the tray and place it in an oven-proof dish.
- 4. Cover the dish with an oven-proof lid or aluminium foil.
- 5. Place the meal in a preheated oven at 200°C.
- 6. Heat for 10-20 minutes until hot.

Please Note: Serve hot. Do not reheat or refrigerate once heated. Heating times may vary depending on the size of the dish and type of oven.

Caution: Dish and contents will be hot after heating.

Steaming - Vegetables

- 1. Bring water to the boil in the steamer.
- 2. Peel off the plastic film on top of the meal.
- 3. Take the vegetables out of the tray.
- 4. Place the vegetables in the steamer.
- 5. Steam for 5-10 minutes until hot.

Please Note: Serve hot. Do not reheat or refrigerate once heated. Heating times may vary depending on size and type of steamer.

Caution: Vegetables will be hot after heating.