 <b>Community Chef</b>	Document	QA-DOC-
	Heating Instructions	Page: 1 of 4 Version: 8 (30 Sep 2015) Amend Date:

**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.

 <b>Community Chef</b>	Document	QA-DOC-
	Heating Instructions	Page: 2 of 4 Version: 8 (30 Sep 2015) Amend Date:

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.

 <b>Community Chef</b>	Document	QA-DOC-
	Heating Instructions	Page: 3 of 4 Version: 8 (30 Sep 2015) Amend Date:

**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.

 <b>Community Chef</b>	Document	QA-DOC-
	Heating Instructions	Page: 4 of 4 Version: 8 (30 Sep 2015) Amend Date:

'''

### **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.