



## Healthy and at Home

# Heating Instructions

**\*\*All meals are fully cooked. They just need to be reheated. Cook from frozen.**

### TV Dinners

**Microwave** - Pop lid off and gently put back on dinner. Microwave on high for 4-6 minutes. Start with 4 minutes and increase time as needed.

**Oven** - Heat in 325 degrees oven for approximately 45 minutes or until food is piping hot.

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### Lunchables

**Microwave** - Pop lid off and gently put back on meal. Microwave on high for 4-5 minutes or until heated all the way through.

**Oven** - Heat in 325 degrees oven for approximately 45 minutes or until food is piping hot.

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### One and Done Meals

**Microwave** - Pop lid off and gently put back on meal. Microwave on high for 4-5 minutes or until heated all the way through.

**Oven** - Heat in 325 degrees oven for approximately 45 minutes or until food is piping hot.

## Meat Pies

**Uncooked** - Cook in oven at 350 degrees for 45 to 1 hour till top is golden brown.

**Microwave** - Heat in microwave from frozen with lid off.  
Approximately 4-5 minutes or until food is heated through.

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## Soups

Heat and serve

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## Desserts

Thaw and serve.

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## Extras

Thaw and serve.

Welcome to Healthy and at Home!

Thank you for your order.

We would love your feedback to help us create the best food and experience for you. Feel free to give us a call at 519-289-5000 or send us an email at [appinbbqcatering@live.com](mailto:appinbbqcatering@live.com). Thanks again!

**\*\*Please note all our plastics are recyclable.**