



Lake County Council on Aging Instructions for Reheating Frozen Home-Delivered Meals

Conventional Oven (best results):

Set oven at 350°

Cut 1-2 inch slit in film

Place meal on baking tray in center of oven

Bake approximately 35-40 minutes

Remove from oven and let stand for one minute

Carefully remove film (steam will come out of package)

Reduce heating time if meal is thawed



Microwave:

Cut 1-2 inch slit in film

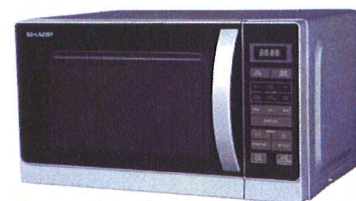
Place in microwave

Heat 2.5 to 4 minutes (time may vary due to microwave wattage)

Remove and let stand for one minute

Carefully remove film (steam will come out of package)

Reduce heating time if meal is thawed



With either heating method, food should reach an internal temperature of 165° measured with a metal stem thermometer, if available