



REHEATING INSTRUCTIONS – CHICKEN ALFREDO/PENNE PASTA MEAL.

FRESH

MICROWAVE – Preferred

Divide the Meal onto a Dinner Plate. Cover with Saran Wrap. Just heat it through. Do not overcook.

OVEN – Only if you really have to!

Pre-heat Oven to 175 C or 350 F. Remove Plastic Lid. Take out Penne. Cover tightly with foil. Place in oven for about 45 minutes until heated through. Might take longer.

PENNE

Throw in Boiling water for just one minute. Drain Well.

FROZEN

It is recommended that you place frozen meal in the cooler for 24 hours and then treat as Fresh above. Do not place metal container in the microwave. Do not reheat in the oven from frozen.



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