

Chef on the Run

2020 Oak Bay Ave
Victoria BC

250 595 3151

*Delicious and Nutritious Meals
to Take Home.*

Reheating Guidelines

Fresh Dinners:

Microwave: Remove foil lid and microwave on HIGH for 3 minutes. Containers are Aluminum and **can** be heated in the microwave.

Oven: Preheat Oven to 375°. Place fresh dinner in the oven and heat for 35 minutes. **Leave Foil On.**

Frozen Dinners:

Preheat oven to 400°. Place the frozen dinner in oven (**LID ON**) and heat for 30 minutes. **Remove lid and heat for another 10-15 minutes**

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