

Reheating Instructions Week of November 5, 2012

Adult Meals

Maple-Dijon Salmon:

Oven & Microwave: Preheat oven to 300. Place Salmon on a baking tray and bake until heated through, approximately 8-12 minutes. Remove lid from container and microwave sweet potato-carrot smash on high for one minute, stir, then one minute longer.

Microwave only: Remove lid from container and microwave on high for one minute, stir sweet potato-carrot smash, then microwave for one minute longer.

Celery Root Soup [with or without chicken]: Pour contents into pot over a burner on low-medium. Stir for approximately 8-10 minutes until heated through and enjoy.

Quinoa Spinach & Pear Salad [with steak or chicken]: This dish can be enjoyed hot or cold. To eat cold, simply dress and enjoy. If you'd like it hot, remove lid and dressing, microwave on high for 1-2 minutes until heated through. Dress and enjoy.

Endive, Radicchio, Cashew & Cherry Salad: Dress and enjoy!

Baked Conchiglie [with or without Turkey Sausage]: Pre heat oven to 375. Place pasta in on oven safe container and cover with aluminum foil. Bake for approximately 15-20 minutes until heated through. You may remove foil and continue to bake for 5 minutes longer if you desire the top to be more browned.

Kids Meals:

Pasta and Parmesan: Remove carrots and ranch. Place 2 Tablespoons of olive oil or butter in the bottom of a pan over a burner on medium heat. Pour spaghetti and Parmesan in pot and stir for 5-10 minutes until heated through. Serve.

Spaghetti & Turkey Meatballs: Remove applesauce. Place 2 Tablespoons of olive oil or butter in the bottom of a pan over a burner on medium heat. Pour sauced spaghetti, meatballs, and Parmesan in pot and stir for 5-10 minutes until heated through. Serve.

Burgers: place container with top ajar in microwave on high heat for one minute, then repeat in additional one minute increments until heated through, about 2 minutes.

Chicken Tenders [Breaded or Naked]: Remove applesauce [if breaded chicken]. Place chicken tenders on a baking tray in a preheated 400 degree oven for 5-8 minutes. Check temperature of tenders to assure they aren't too hot for the kiddos [if you can't leave your finger on a tender without it getting too hot, wait for it to cool some]. Then serve.

Chicken Drumsticks: Preheat oven to 375. Place drumsticks on a baking tray and bake for approximately 10 minutes until heated through.