

General Reheating Guidelines and Instructions for Home Delivered Meals

Delivery containers are not all microwave-safe

- Most dishes reheat best and retain their quality better using a conventional oven. The times provided are guidelines and may vary with each home oven.
- Microwave reheating may not provide the best quality product.



Follow these guidelines for using a microwave oven

Remove the meal from the containers; **NEVER** put foil or metallic containers in the microwave.

Keep foods loosely covered with microwave-safe wrap. Rotate and stir items at least once during the reheating process. Times may need to be increased when reheating multiple dishes or large quantities.

- **ALWAYS** serve reheated food immediately.
- **DO NOT** freeze reheated food.
- **DO NOT** reheat delivered food more than once.
- **ALWAYS** check the internal temperature of food with a stemmed thermometer before eating. Reheated food should reach 165 degrees before consumption.
- **ALWAYS** keep stored food covered and refrigerated at 41 °F or less.

QUICHE



MICROWAVE: Place in a microwave-safe container. Cover with a damp paper towel and microwave on HIGH for approx. 3 minutes until internal temperature reaches 165 °F.

ENTRÉE SALADS



REFRIGERATOR: Entrée salads should be refrigerated until just before service and are best served chilled or at room temperature.

FRIED CHICKEN



OVEN: Place in an oven-safe container. Heat uncovered in a 350 °F oven for approx. 20-25 minutes, or until temperature reaches 165 °F. The breast will need more time to reheat than the legs and thighs.



MICROWAVE: Place in a microwave-safe container. Microwave on HIGH for 3 minutes until internal temperature reaches 165 °F.

CHICKEN/POULTRY



Baked, Roasted, Sautéed, Grilled

OVEN: Place in an oven-safe container. Heat uncovered in a 350 °F oven for approx. 20-25 minutes, or until temperature reaches 165 °F. The breast will need more time to reheat than the legs and thighs.



MICROWAVE: Place in a microwave-safe container. Cover with a damp paper towel and microwave on HIGH for approx. 3 minutes until internal temperature reaches 165 °F.

FISH



Baked, Grilled, Sautéed, Steamed

OVEN: Place in an oven-safe container. Heat uncovered in a 350 °F oven for approx. 6-8 minutes, or until temperature reaches 165 °F. Less time for thinner fillets.



MICROWAVE: Place in a microwave-safe container. Cover with a damp paper towel and microwave on HIGH for approx. 3 minutes until internal temperature reaches 165 °F.



SEAFOOD CAKES

Crab, Fish, Salmon, etc.



OVEN: Place in an oven-safe container. Heat uncovered in a 350° F oven for approx. 12-15 minutes, or until temperature reaches 165° F. Keep remoulade refrigerated until service.



MICROWAVE: Place in a microwave-safe container. Cover with a damp paper towel and microwave on HIGH for approx. 3 minutes until internal temperature reaches 165° F.



POTATOES

Mashed/Whipped



OVEN: Place in an oven-safe container. Cover with foil and heat in a 350° F oven for approx. 20-30 minutes, stirring halfway through where appropriate, until temperature reaches 165° F.



MICROWAVE: Place in a microwave-safe container and cover. Microwave on HIGH for approx. 3 minutes. Stir, where appropriate, and continue heating 1-3 more minutes until temperature reaches 165° F.



BEEF/PORK/LAMB

Whole Muscle (Steaks, Filets, Medallions)



OVEN: Place in an oven-safe container and cover with foil. Heat in a 350° F oven for approx. 6-8 minutes, or longer for well done.



MICROWAVE: Place in a microwave-safe container. Microwave on HIGH for approx. 3 minutes, or until internal temperature reaches 165° F.



POTATOES

Roasted, Baked, Baked Sweets, etc.



OVEN: Place in an oven-safe container. Heat uncovered in a 400° F oven for approx. 12-15 minutes, flipping halfway through, until temperature reaches 165° F.



MICROWAVE: Place in a microwave-safe container. Microwave on HIGH for approx. 3 minutes. Stir, where appropriate, and continue heating 1-3 more minutes until temperature reaches 165° F.



LASAGNA

Meat, Cheese or Vegetable



OVEN: Place in oven-safe pan and cover pan tightly with foil. Heat in a 350° F oven for approx. 20-30 minutes or until temperature reaches 165° F.



MICROWAVE: Place in a microwave-safe container and gently cover. Microwave on HIGH for approx. 3 minutes or until internal temperature reaches 165° F.



RICE AND GRAINS



MICROWAVE: Place in a microwave-safe container. Cover with a damp paper towel and microwave on HIGH for approx. 3 minutes until internal temperature reaches 165° F.



PASTA

Macaroni and Cheese, Spaghetti/Pasta with Sauce, Buttered Noodles



OVEN: Not recommended for oven reheat.



MICROWAVE: Place in a microwave-safe container and gently cover. Microwave on HIGH for approx. 2 minutes. Stir and continue heating 1-3 more minutes until temperature reaches 165° F.



VEGETABLES

Grilled, roasted, steamed, sautéed



OVEN: Place in an oven-safe container. Heat uncovered in a 350° F oven, stirring occasionally, for approx. 6-8 minutes or until temperature reaches 165° F.



MICROWAVE: Place in a microwave-safe container. Microwave on HIGH for approx. 2 minutes. Stir and continue heating 1-3 more minutes until temperature reaches 165° F.