

### ***All Soups & Stew***

Heating Instructions: Thaw for 24 hours in refrigerator. Reheat in a small saucepan over medium to low heat on stove top, stirring frequently. Heat until bubbling, or until soup registers 165° on a thermometer inserted into the middle of the pan.

Do not microwave or reheat in container provided.

### ***Meatballs & Marinara***

Heating instructions: Thaw in refrigerator overnight. Place in preheated 350° oven with cover on for 35-45 minutes, stirring once halfway through. Sauce should be hot and meatballs should register 165° when a thermometer is inserted in the middle.

### ***Chicken Pot Pie***

Baking instructions: Defrost in fridge overnight. Bake in preheated 350° oven, covered, for 50 minutes. Remove cover and bake for an additional 30 minutes. Crust should be puffy and golden brown, and filling should register 165° on a thermometer inserted in the middle. Let cool 15 minutes before enjoying.

### ***Lasagna Bolognese***

Baking instructions: Keep frozen until night before you are ready to eat.

Defrost in fridge overnight. Bake in preheated 375° oven, covered, for 50 minutes. Remove cover and bake for an additional 15-20 minutes. Cheese on top should be melted and browning, sauce should be bubbling around edges, and inside should register 165° on a thermometer inserted in the middle. Let cool 15 minutes before enjoying.

### ***All Quiches***

Keep frozen until night before you are ready to eat. Thaw overnight in refrigerator.

To reheat, cover with foil and reheat at 325° for 35 - 45 minutes, or until a thermometer inserted in the center registers 165°.

### ***Beef & Veggie Pasty***

For best results heat from frozen in oven at 350 degrees for 25 - 30 minutes.

Or may be microwaved 3 - 4 minutes.

### ***Breakfast Burritos***

To heat, remove from foil, microwave for 4 minutes. Crisp in a dry skillet over medium heat for 2 minutes per side or until a thermometer inserted in the center registers 165°

### ***Apple, Cheddar & Walnut Scones***

Bake at 400 degrees for 20 minutes. until richly golden & cooked through