

The Finest
Gourmet-to-Go Marketplace

ROOM-TEMPERATURE RE-HEATING GUIDELINES

Type of Food	Heating Method	Heating Time	Special Instructions
Beef and Poultry	Conventional Oven 350°	20-30 minutes	
Seafood	Conventional Oven 350°	15-25 minutes	
Pasta	Microwave (High/Medium)	3 minutes	
Potatoes	Microwave (High/Medium)	3 minutes	
Rice	Microwave (High/Medium)	3 minutes	Add small amount of water prior to heating, if desired
Vegetables	Conventional Oven 350°	10-15 minutes	

FREEZER RE-HEATING GUIDELINES
(Thaw in refrigerator for 2-3 days)

All items	Follow heating methods for refrigerated guidelines
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REFRIGERATOR RE-HEATING GUIDELINES

Type of Food	Heating Method	Heating Time	Special Instructions
Beef & Poultry	Conventional Oven 350°	30-40 minutes	
Seafood	Conventional Oven 350°	20-40 minutes	

Notes:

- ✚ Easy microwave instructions: Most dinners can be reheated in the container that it was delivered in (black plastic bottom, clear plastic top) – Pop top off and place loosely back on. Microwave 1 minute on high. Microwave again at 1 minute intervals until heated through.
- ✚ Remove portion cups before reheating. Heat separately, if needed.
- ✚ Preheat oven prior to heating
- ✚ Oven temperatures vary. The above times are guidelines.
- ✚ Food should not be left on counter longer than 4 hours. If you will need to store food longer, place in refrigerator.
- ✚ Leftovers can be stored in the refrigerator for up to 7 days.
- ✚ Consuming raw or undercooked foods may increase your risk of food borne illness.

Any heating concerns? Feel free to call.

Tel: 508-634-2001 Fax: 508-634-2809 www.thefinestgourmet.com