

HDM Reheating Instructions:

Breakfast

Egg Patties, Sausage Patties, Muffins, Bread:

1. Remove from plastic container or bag
2. Transfer to microwave-safe dish.
3. Microwave for 30 seconds to 1 minute.

Waffles, English Muffins, Bagels:

1. Heat in toaster until lightly brown.

Important: Importante:

Notice:

Once Thawed/In Refrigerator eat within 3 days.
If frozen, follow "Use by" date on food label

Avisio:

Una vez descongelado/en el refrigerador,
consumir en un plazo de 3 días. Si está
congelado, sigue la fecha de "consumir antes
de" que aparece en la etiqueta del alimento.

Soup

Microwave:

1. Transfer soup to microwave-safe bowl.
2. Microwave on high until steaming (2 minutes).
3. Stir halfway through cooking

Stove Top:

1. Transfer soup into pot over medium-high heat
2. Stir occasionally
3. Continue cooking until soup is bubbling hot

Prepared Frozen Meals

Microwave:

1. Pull back corners of plastic covering.
2. Microwave for 2-3 minutes (will take longer if still frozen).
3. Stop the clock after 1 minute to stir food well.

Note:

Some food may take longer to cook. Cook until food is steaming.

DO NOT place plastic containers in the oven