



Heating Instructions

Featured Meals

Place the food into an oven-safe dish, then put in the oven at 350 degrees for 20 minutes. You can also just put in the microwave for 3-4 minutes. The container the food comes in, is microwave safe.

Chicken Hind Quarters / Southwest Chicken Wings / Ichi Wings

Thaw out, transfer them into an oven-safe dish, then put in the oven at 350 degrees for 20 minutes or until hot to touch. For crispier skin, broil them the last 5 minutes

BBQ Pork Ribs

Thaw out, transfer into an oven-safe dish, then put in the oven at 350 degrees for 15-20 minutes or until hot to touch. Don't forget to lather them with the BBQ sauce.

Soy-Lime Chicken Breast

Thaw out, transfer into an oven-safe dish, put a little water or chicken broth in pan and put in oven covered with foil at 350 degrees for 15 minutes or until hot to touch

Fettuccine Alfredo / Spanish Rice / Penne Pasta

Thaw out, transfer into a skillet pan, turn stove on medium-high, saute noodles for 10 minutes or until hot to touch.

New York Strip Steaks

These are cooked to medium rare, if you would like them cooked more, place in the oven at 350 degrees for 5-10 minutes or until desired temperature.

Teriyaki Chicken & Beef / SW Chopped Chicken / Fajita Chicken, Beef & Veg / Pulled Pork / Pork Carnitas

Thaw out, transfer into a skillet pan, turn stove on medium-high, saute meat for 10 minutes or until hot to touch.

Clam Chowder

Put in a pan, turn on the stove to medium-high for 5-10 minutes or until hot to touch, stir occasionally. Or you can just put in Microwave for 2-3 minutes.

Chicken Parmesan

Transfer into an oven-safe dish, put just the chicken in the oven covered with foil at 350 degrees for 15 minutes, take chicken out of oven and top the chicken with the marinara sauce and cheese, put back in the oven uncovered until cheese is melted