



Reheating Instructions



Re-heating Instructions

1. **Microwave:** Slit film over entrée. Heat on high for 2-3 minutes.
2. **Regular conventional/convection oven:** Pre-heat oven to 350° F. Place meal on a cookie sheet. Bake for 20-25 minutes.

Do not reheat in toaster oven – paper tray too close to heating element can be a fire hazard.

Exceptions

Monday meal will arrive frozen. It may require a little longer to reheat.

Wednesday meal is a cold meal. Do not heat.

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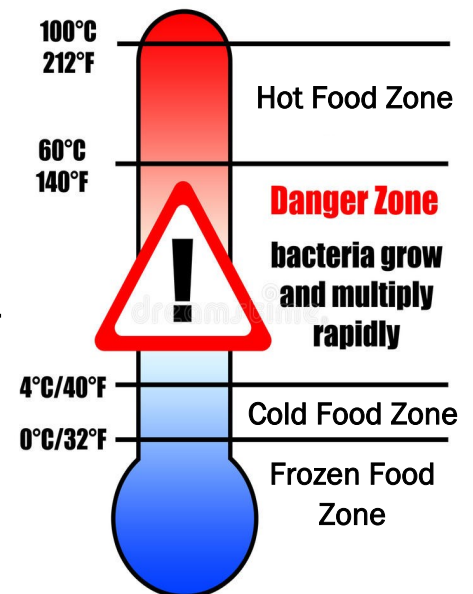
Chilled meals will need to be kept cold until you are ready to reheat to eat.

Food Safety

Spectrum Senior Meals is committed to serving safe meals. Until the meal is delivered to a site, we take every precaution to ensure food safety. Your meals are handled with care to eliminate the risk of foodborne illness. Once we deliver the meal to you, **food safety becomes your responsibility.**

Here are some Food Safety guidelines:

- **Re-heat and eat the meal immediately or refrigerate within 30 minutes.**
- If not eaten right away, meals should be refrigerated and eaten within 48 hours.
- **Do NOT leave meals out for more than 30 minutes!**
- Keep food out of the “Temperature Danger Zone”
Cold food must be below 41° F
Hot food must be above 135° F
- **When in doubt, throw it out!** It is not worth the risk of eating foods that you aren’t 100% sure that is safe to eat.



These meals are made possible by the generous collaboration of SOS Meals on Wheels with Spectrum