

Marvelous Mondays

ZERO STRESS • NO MESS

HEATING INSTRUCTIONS

PREHEAT THE OVEN 375° F



CHICKEN (ALL FLAVORS)

- Remove the lid or foil
- Place tray uncovered in oven
- Heat for 22-25 mins

STARCHES (RICE, POTATOES, ETC)

- Remove the foil lid and cover tightly with aluminum Foil
- Heat for 15 mins
- Remove foil and heat for an additional 10 mins

VEGETABLES

- Remove foil lid and cover tightly with aluminum foil
- Heat covered for 22-25 mins

MAC & CHEESE

- Remove foil lid and cover tightly with aluminum
- Heat covered for 30-35 mins
- Heat 5 more mins uncovered

MASHED POTATOES

- Microwave: Transfer to a microwave safe container and heat for 2 min
- Oven: Transfer to a oven-safe container, cover tightly, heat 30-35 min, stir halfway



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