

## Gourmet/MOW

- Do not Pierce or Remove Film

### Petite Meals

- Heat on high in microwave for 4½ - 5½ mins
- Heat roasts for 4½ mins.

### Main Meals

- Heat on high in Microwave for 5 - 6 mins.

### Soups

- Heat on high in Microwave for 3 - 4 mins.

### Desserts

- Allow to thaw and consume within 24 hours
- Do not refreeze.

## Farm Door

- **Pierce film as couple to times.**

### Petite Meals

- Heat on high in microwave for 4 - 5 mins  
**OR**
- Preheat oven to 160°C, heat meal for 20 mins.

### Main Meals

- Heat on high in Microwave for 6 - 8 mins  
**OR**
- Preheat oven to 180°C, heat meal for 35 mins.

### Desserts

- Allow to thaw and consume within 24 hours
- Do not refreeze.

## Nuovo

- Do not Pierce or Remove Film

### Petite Meals

- Heat on high in Microwave for 3 - 5 mins

### Main Meals

- Heat on high in Microwave for 3 - 5 mins  
**OR**
- Preheat oven to 180°C
- Heat meal for 25 - 30 mins
- Allow heated meals
  - Allow heated meals to stand 1 - 2 mins before

- **Please allow heated meal/s to stand 1 - 2 mins before consuming.**