



# HEATING INSTRUCTIONS

PREHEAT YOUR OVEN TO 350 DEGREES

## BREAKFAST ITEMS

BREAKFAST ITEMS	TEMPERATURE	REHEAT TIME	HOW
BREAKFAST BURRITO	microwave	1 – 2 minutes	unwrapped
BAGEL SANDWICH	375	5 minutes	loosely covered
ENGLISH MUFFIN SANDWICH	375	5 minutes	loosely covered
CROISSANT SANDWICH	375	5 minutes	loosely covered
FRENCH TOAST FINGERS	375	8 – 10 minutes	covered
		5 minutes	uncovered to brown
BLUEBERRY COMPOTE	microwave	1 – 2 minutes	loosen lid

## HOT BREAKFAST BUFFET

HOME FRIES	375	8 – 10 minutes	covered
		5 minutes	uncovered to crisp
SCRAMBLED EGGS	375	8 – 10 minutes	covered
BACON	375	5 – 8 minutes	uncovered
SAUSAGE	375	10 minutes	uncovered
FRITTATA	375	30 minutes	covered

## SOUPS AND CHILIS

	microwave	2 – 4 minutes	loosen lid but leave covered stirring half way
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## ENTREES

CHICKEN FAJITAS	375	10 – 15 minutes	loosely covered
CHICKEN KABOBS			
GRILLED LEMON CHICKEN BREAST			
CHICKEN VESUVIO	375		20 – 25 minutes covered then 5 minutes uncovered
BBQ CHICKEN			
SOUTHERN FRIED CHICKEN			
CHICKEN POT PIE	375		20 minutes covered
PANKO CHICKEN			5 – 10 minutes uncovered
SHEPHERD'S PIE			
MEXICAN RICE			20 minutes covered stir occasionally
		<b>MICROWAVE</b>	<b>OR</b>
BAKED POTATO	375	2 – 3 minutes	<b>OVEN</b> 20 – 25 minutes covered
BURGERS – BEEF OR TURKEY	375	2 minutes	10 minutes covered 5 minutes uncovered
TURKEY MEATLOAF	375	2 minutes	15 minutes covered 5 minutes uncovered
LASAGNE – MEAT OR SPINACH	375	4 – 5 minutes	25 – 30 minutes covered 10 minutes uncovered
SALMON FILLET	375	2 minutes	10 – 15 minutes covered
CHICKEN CURRY	375	3 minutes	gentle heat on top of stove
		stir half way	5 – 7 minutes

SIDES	TEMPERATURE	REHEAT TIME	HOW
MASHED POTATOES	375	2 minutes covered stir half way through	covered in oven 15 minutes
HERB ROASTED POTATOES		15 minutes uncovered	
BASMATI RICE		2 minutes stir half way through	covered in oven 15 minutes
CREAMED SPINACH		2 minutes stir half way through	
GRILLED GREEN BEANS	microwave	1 – 2 minutes	
JALAPENO ROASTED CORN			
GRILLED ASPARAGUS			
HONEY ROASTED CARROTS			
ROASTED SEASONAL VEGETABLES	375	10 minutes	spread on a sheet pan loosely covered
MAC AND CHEESE	microwave	2 – 4 minutes	15 – 20 minutes covered then 10 minutes uncovered

## APPETIZERS

CHICKEN SATAY SKEWERS	preheat oven to 350		5 – 10 minutes loosely covered
LEMON-THYME CHICKEN SKEWERS			
TANDOORI CHICKEN SKEWERS			
SESAME-HONEY SHRIMP SKEWERS			
POTATO LATKES			
SPANIKOPITA			
POTSTICKERS			
ALL TARTLETS AND MINI QUICHES			
BITE SIZED BURGERS			10 – 15 minutes loosely covered
BUFFALO WINGS			
KOREAN WINGS			
PANKO CHICKEN FINGERS			
COCONUT CHICKEN FINGERS			
BABY LAMB CHOPS			
MUSHROOM RISOTTO CAKES			
CRAB CAKES			
MUSHROOM CAPS WITH CRAB			
BBQ BRISKET	microwave		2 – 3 minutes stirring half way through

*Cooking times are approximate and will vary according to your microwave power and oven.  
Larger quantities will require longer cooking times.*



# ASSEMBLY INSTRUCTIONS

## **BITE SIZED BEEF BURGERS**

place open burger buns on tray, place reheated burgers on bottom half of bun, place slice of cheese, tomato and lettuce on top of burger, and then top half of bun

## **TURKEY BURGERS**

place open burger buns on tray, place reheated turkey burger on bottom half of bun, place slice of swiss cheese on top of burger and a dollop of caramelized onions, and then top half of bun

## **BBQ BRISKET**

place open rolls on tray, put tablespoon of reheated bbq brisket on roll and cover with top half

## **SMOKED SALMON LATKES**

place piece of smoked salmon on reheated latkes, and put dollop of sour cream on top. garnish with chopped chives

## **SMOKED SALMON ON BLINIS**

lay out blinis in single layer. place piece of smoked salmon on blinis, top with a dab of crème fraiche and then caviar

## **WONTON CUPS**

place wonton cups in a single layer. place baby spinach leaf flat in cup. Put 1 teaspoon of chicken mixture on top of spinach and garnish with cilantro leaf and sliver of lime.

## **TUNA TARTAR**

place wonton crisps in a single layer. Place one teaspoon of mix in center of crisp and garnish with sesame seeds

tomato, red onion and basil bruschetta – lay out toasts in a single layer and top with heaped teaspoon of mixture. garnish with chiffonade of basil

## **FETA AND WALNUT WITH BALSAMIC CREMA**

lay out toasts in a single layer. spread thickly with goat cheese. place two spiced walnut halves on top and dribble a little balsamic crema on top

## **ARTICHOKE AND SPINACH**

lay out toasts in a single layer and put heaped teaspoon of mix on top. garnish with shredded parmesan

## **OLIVE TAPENADE**

lay out toasts in a single layer and spread one teaspoon of tapenade mix on top. garnish with diced tomato

