

Home Delivered Meal Re-Heating Instructions

Hot Meal Re-Heating Instructions:

Conventional oven

- Peel back the plastic lid to vent or slit film in each section
- Re-heat meal in conventional oven, place meal on a cookie sheet and set oven to 350 degrees F. for 10 minutes maximum.

Microwave oven

- Re-heat meal in microwave 2-3 minutes maximum on high

Frozen Meal Re-Heating Instructions:

Conventional oven

- Peel back the plastic lid to vent or slit film in section
- Heat frozen meal in conventional oven, place meal on cookie sheet and set oven at 350 degrees F. for 30 minutes maximum.

Microwave oven

- Heat frozen meal in microwave 3-5 minutes maximum on high

Contact AgeSpan with any questions or concerns 978-686-1422 or nutrition@agespan.org.



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