



If you have concerns about the condition of your food or any questions about heating or storing your meals, please call Client Services at **617-522-7777** or visit our website at **[servings.org/meal-FAQ](https://servings.org/meal-FAQ)**

## Recommended Heating Times

	Oven (325°F)*		Microwave*		Stove Top	
	Frozen	Thawed	Frozen	Thawed	Frozen	Thawed
<b>Meat Entrée</b>	60 min	30 min	6-7 min	2-3 min	20 min	10 min
<b>Vegetarian Entrée</b>	50 min	25 min	8-9 min	5 min	15 min	8 min
<b>Pasta Entrée</b>	45 min	25 min	5 min	2-3 min	15 min	8 min
<b>Fish Entrée</b>	45 min	25 min	4-5 min	3 min	17 min	9 min
<b>Soups</b>	N/A	N/A	6-7 min	4 min	9 min	6 min
<b>Stews</b>	N/A	N/A	4 min	3 min	8 min	4 min

\*Heating times may vary based on the individual microwave. Entrée container and plastic film are microwave/oven safe. Puncture film for microwave.