



1300 430 488

41 Connell Rd  
 Oakleigh Vic. 3166  
 info@choicefreshmeals.com.au  
 choicefreshmeals.com.au

## How to heat your Choice Fresh Meals

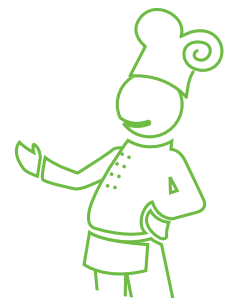
Thank-you for choosing Choice Fresh Meals, Victoria's largest private company manufacturing and distributing fresh meals. We hope you enjoy your meals and we would like to tell you some helpful hints about storing and heating your meals.

1. To heat fresh meals, pierce film in several places and then heat.
 

|                 |                              |
|-----------------|------------------------------|
| Microwave       | 3-4 minutes                  |
| Normal Oven     | 180°C (350°F) for 20 minutes |
| Fan Forced Oven | 180°C (350°F) for 15 Minutes |
2. Roasts and Grills taste best if they are heated in an oven rather than a microwave
3. To warm Tray Quiche, Tray Pies and Tray Lasagne, remove the film lid completely and heat in a moderate oven for 20 minutes
4. All meals are low in salt and pepper, so you may need to season to taste.
5. To warm up desserts, pierce film in several places and then heat.
 

|                 |                              |
|-----------------|------------------------------|
| Microwave       | 1 to 2 Minutes               |
| Normal Oven     | 180°C (350°F) for 10 minutes |
| Fan Forced Oven | 180°C (350°F) for 8 Minutes  |
6. If meals are to be frozen, freeze them immediately on delivery.  
Do not place them in the fridge first and freeze them later.
7. Do not thaw frozen meals before heating, simply pierce the film and heat them straight from the freezer.
 

|                 |                                 |
|-----------------|---------------------------------|
| Microwave       | approx 5 min                    |
| Normal oven     | 180°C (350°F) for 30-35 minutes |
| Fan Forced Oven | 180°C (350°F) for 25 minutes    |



At Choice Fresh Meals we take pride in providing you with delicious meals made from the highest quality ingredients. If there is anything we can do to assist you to enjoy your meal even more, please call us on 1300 430 488.

*Bon Appetite!*



1300 430 488

41 Connell Rd  
 Oakleigh Vic. 3166  
 info@choicerefreshmeals.com.au  
 choicerefreshmeals.com.au

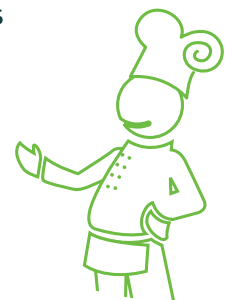
## Food Safety Information Sheet

We take food safety very seriously as we believe that our customers have the right to expect all our meals to be delivered in the optimum condition.

To ensure that we maintain standards of the highest quality, we have implemented a thorough and rigorous food safety program complying with HACCP accreditation. This is audited by an independent third party on an annual basis. In addition, we have hired an external food safety consultant who reviews our performance on a continuous basis.

Whilst we take every precaution to ensure our meals arrive at your place in the best possible condition, your assistance is required to make sure they stay that way:

- Our meals have a fridge life of 3 days from delivery. Please refer to the label on the meal. If you aren't going to consume the meal within this time, please freeze on delivery.
- Temperature is the biggest threat to the quality of our meals. We deliver the meals in refrigerated vans whose temperatures are monitored on a continuous basis to ensure they remain below 5°C. At temperatures above 5°C bacteria will grow and multiply, drastically reducing the shelf life of the meal.
- All drivers are under strict instructions not to leave meals at premises where they will not be adequately refrigerated.
- This means that you should ideally be home when the delivery driver calls so that you can place your order straight into the fridge.
- If you are not going to be home, please leave a well insulated eski or chiller bag with sufficient ice bricks outside your front door and put your order into the fridge within 2 hours.



Thank-you for helping us to ensure that your meals are always maintained in optimum conditions. This means that you can enjoy their flavour and taste knowing that they have been prepared and stored under strict food safety guidelines.

home cooked goodness, home delivered convenience