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Welcome To 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 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 will need to season to taste.

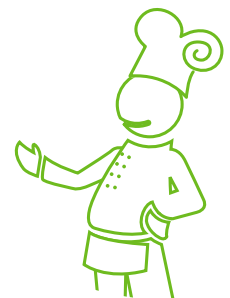
5. To warm up desserts, pierce film in several places and then heat.

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 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 9592 2648.

Bon Appetite!