

Office/Commercial Application – Heating and Defrosting of Frozen Pre-Packaged Lunch Items

LEAN QUSINE - PANINI, PIZZA, LUNCH SIZE MEALS:

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| Southwest Style Chicken Grill Panini | : | High 2:45 to 3:00 Min, stand 30 sec |
| Chicken Philly Flat Bread | | High 2:45 min, stand 1 Min |
| Panini Chicken Club | | High 2:45 to 3 Min, stand 30 sec |
| Brick Oven Pizza | | High 3:00 to 3:30 Min – for more crispy crust, increase cooking time in 30 second intervals |
| Alfredo Pasta with Chicken/Broccoli | | |
| 1 serving | | High 5 min, remove cover, High 2 to 4:30 min, stand 1–2 min |
| 2 servings | | High 11 to 13 min, stir after 10 min, stand 1–2 min |
| Spaghetti with Meat Sauce | | |
| 1 serving | | High 6-7 min, stand 1-2 min |
| 2 servings | | High 12-13 min, stand 1-2 min |
| Mac & Cheese | | |
| 1 serving | | High 3 min, stir, High 1:30 to 2 min, stand 2 min |
| 2 servings | | High 8 to 9 min, stir, stand 1-2 min |
| Chicken Ala Orange | | |
| 1 serving | | High 4:30 –5:00 min, stand 1-2 min |
| 2 servings | | High 8-9 min, stand 1-2 min |
| Beef Burgandy | | |
| 1 serving | | High 4-5 min, stand 1-2 min |
| 2 servings | | High 7-9 min, stand 1-2 min |
| Chicken Parmesan | | |
| 1 serving | | 50% power 8-9 min, stand 1-2 min |
| 2 servings | | 50% power 13-24 min, stand 1-2 min |
| Lemon Pepper Fish Fillet | | High 3:45 min, stand 1-2 min |

HEALTHY CHOICE: PANINI/PIZZA, STEAMERS, LUNCH SIZE MEALS:

Health Choice: PANINI/PIZZA

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|------------------------------|---|
| Philly Steak Panini | High 2:30 – 2:45 min, stand 1 min (May require an additional 30 seconds on low wattage ovens) |
| Smoked Cheese Panini | Same as above cooking directions |
| Pepperoni French Bread Pizza | High 2 min, stand 1 min |

Health Choice STEAMERS

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|------------------------------------|------------------------------------|
| Roasted Chicken Marsala Steamer | High 3-4 min, stand 2 min |
| Chicken Tuscany Steamer | High 3:30 to 4:15 min, stand 2 min |
| Cajun Style Chicken/Shrimp Steamer | High 3:30 to 4:30 min, stand 2 min |

Healthy Choice LUNCH SIZE MEALS

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| Beef Merlot | High 3:30 to 4 min, stand 2 min |
| Sesame Chicken | High 4 – 4:30 Min, stand 2 min |
| Honey Balsamic Chicken | (remove dessert) High 5:30 –6:30, stand 2 min |
| Chicken/Broccoli Alfredo | (remove dessert) High 3 min, stir, High 1-1:15 min – stand 2 min |
| Sweet Bourbon Steak | (remove dessert) High 6-6:30 min, stand 2 min |

(let dessert thaw while you eat: To heat, use 1 –1:30 min on 50% power and stand 1- 2 min, additional 30 sec on 50% power if not hot enough)

LEAN POCKETS

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|-----------------------------|-------------------------|
| Pepperoni Pizza | |
| 1 serving | High 2 min, stand 1 min |
| 2 servings | High 3:30, stand 1 min |
| Chicken, Broccoli & Cheddar | same as above |

HOT POCKETS

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|------------------------------------|------------------------------|
| 4 Cheese Pizza | High 1:30sec, stand 2-3 min |
| Ham & Cheese Crossant Crust | |
| 1 serving | High 2 min, stand 1-2 min |
| 2 servings | High 3:30 min, stand 1-2 min |
| Philly Cheese Steak Crossant Crust | Same as above |
| Ham & Cheese Crossant Crust | Same as above |
| 5 Cheese Pizza | |
| 1 serving | High 1:30 sec, stand 1-2 min |
| 2 servings | High 3 min, stand 1-2 min |

SMART ONES/WEIGHT WATCHERS

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|----------------------------|---|
| Chicken Enchilada Monterey | High 3 min, pull back cover, High 1 min – stand 1-2 min |
| Slow Roasted Turkey Breast | High 3 min, pull back cover, High 2 min, stand 1-2 min |
| 3 Cheese Macaroni | High 2:30 min, pull back cover, High 1 min, stand 1-2 min |
| Cheese Quesadilla | High 1:45 to 2:15 min, stand 1 min |
| Calzone Italiano | 50% Power 2:45 to 3:15 min, stand 1-2 min |
| Fettucini Alfredo | High 2:30 min, pull back cover, High 1 min, rest 1-2 min |
| 3 Cheese Zitti | High 3 min, pull back cover, High 1 min, stand 1-2 min |

STOUFFERS

| | |
|---------------------|--|
| Chicken Tenderloins | |
| 1 serving | High 4:30 to 5:30 min, stand 1-2 min |
| 2 servings | High 10:30 to 12:30 min, stand 1-2 min |

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| Beef Pot Roast | |
| 1 serving | High 3 min, stir, High 1:30 to 3:30 min, stand 1-2 min |
| 2 servings | High 3 min, stir, High 8:30 to 10 min, stand 1-2 min |
| Chicken Ala King | |
| 1 serving | High 5 min, 50% 2:20 to 4 min, stand 1-2 min |
| 2 servings | High 5 min, 50% 10:30 to 14 min, stand 1-2 min |
| 5 Cheese Lasagne | |
| 1 serving | 50% 10- 12 min, stand 5 min |
| 2 serving | 50% 19 to 22 min. stand 5 min |
| Vegie Lasagne | |
| 1 serving | 50% 10 – 14:30 min, stand 5 min |
| 2 servings | 50% 17 – 20 min, stand 5 min |

HORMEL COMPLETES (not frozen)

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|---------------------------|------------------------------------|
| Chicken Breast & Dressing | High 1-1:30 min, stand 1-2 minutes |
| Roast Beef & Gravy | High 1-1:30 min, stand 1-2 min |
| Chicken & Noodles | High 1-1:30 min, stand 1-2 min |
| Beef Steak tips | High 1-1:30 min, stand 1-2 min |

Stir product, if additional heating is needed after stand time, use 50% power for 30 second intervals.

NOTE: Times may vary depending upon degree of frozen product

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