

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

LEAN QUSINE - PANINI, PIZZA, LUNCH SIZE MEALS:

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

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

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

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

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

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

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

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)

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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