

## Heating and cooking time guide

Quantity	Item	Approximate Heating Time 100% Power (seconds)	Comment:
<b>Pastries, Rolls and Baked Goods</b>			
2	Biscuit	12	Heat, uncovered, from room temperature
1	Bun	8	Heat, uncovered, from room temperature
1	Danish Pastry	10	Heat, uncovered, from room temperature
1	Dinner, Roll	8	Heat, uncovered, from room temperature
1	Doughnut	10	Heat, uncovered, from room temperature
1	Muffin (small)	10	Heat, uncovered, from room temperature
1 slice	Pie	30	Heat, uncovered, from refrigerated temp.
1	Sweet Roll	10	Heat, uncovered, from room temperature
<b>Breakfast Items</b>			
8 oz.	French Toast & Bacon	70-80	Heat, uncovered, from refrig.
8 oz.	French Toast & Sausage	70-80	Heat, uncovered, from refrig.
6 oz.	Pancakes & Bacon	40-50	Heat, uncovered, from refrig.
6 oz.	Pancakes & Sausage	40-50	Heat, uncovered, from refrig.
5 oz.	Scrambled Eggs & Bacon	40-50	Heat, covered, from refrig.
5 oz.	Scrambled Eggs & Sausage	40-50	Heat, covered, from refrig.
4 strips	Bacon	40-50	Heat, covered, from refrig.
4 links	Sausage	40-50	Heat, covered, from refrig.
<b>Sandwiches</b>			
4-5 oz.	Bacon & Tomato	30-40	Heat, uncovered, from refrig.
4-5 oz.	Beef Barbecue	30-40	Heat, uncovered, from refrig.
4-5 oz.	Burger	30-40	Heat, uncovered, from refrig.
4-5 oz.	Cheeseburger	40-50	Heat, uncovered, from refrig.
4-5 oz.	Corned Beef	40-50	Heat, uncovered, from refrig.
2 oz.	Frankfurter	20-30	Heat, uncovered, from refrig.
5 oz.	Jumbo Frankfurter	30-40	Heat, uncovered, from refrig.
3 <sup>1</sup> / <sub>2</sub> oz.	Grilled Cheese	30-40	Heat, uncovered, from refrig.
4 oz.	Ham Sandwich	30-40	Heat, uncovered, from refrig.
4-5 oz.	Ham & Cheese	30-40	Heat, uncovered, from refrig.
5 oz.	Italian Sausage	40-50	Heat, uncovered, from refrig.
4-5 oz.	Pastrami	40-50	Heat, uncovered, from refrig.
4 oz.	Roast Beef	40-50	Heat, uncovered, from refrig.
4-5 oz.	Submarine/Hoagie	40-50	Heat, uncovered, from refrig.
5 oz.	Chili Burger	40-50	Heat, covered, from refrig.
4 oz.	Chili Dog	30-40	Heat, covered, from refrig.
4 oz.	Sloppy Joe	30-40	Heat, covered, from refrig.
<b>Casseroles</b>			
8 oz.	Baked Beans	90-100	Heat, covered, from refrig. Stir after reheat.
8 oz.	Beef Burgundy	110-120	Heat, covered, from refrig. Stir after reheat.
8 oz.	Beef Goulash	90-100	Heat, covered, from refrig. Stir after reheat.
8 oz.	Beef Stew	110-120	Heat, covered, from refrig. Stir after reheat.
8 oz.	Beef Slices with Gravy	90-100	Heat, covered, from refrig.
8 oz.	Cabbage Rolls	100-110	Heat, covered, from refrig.
8 oz.	Chicken Fricassee	90-100	Heat, covered, from refrig.
8 oz.	Chicken a la King	90-100	Heat, covered, from refrig. Stir after reheat.
8 oz.	Chili Con Carne	90-100	Heat, covered, from refrig. Stir after reheat.
8 oz.	Creamed Chicken	90-100	Heat, covered, from refrig. Stir after reheat.
8 oz.	Lasagna	110-120	Heat, covered, from refrig.
8 oz.	Meat Loaf	110-120	Heat, covered, from refrig.
8 oz.	Macaroni (beef sauce)	90-100	Heat, covered, from refrig. Stir after reheat.

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Quantity	Item	Approximate Heating Time 100% Power(seconds)	Comment:
8 oz.	Macaroni (cheese sauce)	70-80	Heat, covered, from refrig. Stir after reheat.
8 oz.	Stuffed Peppers	100-110	Heat, covered, from refrig.
8 oz.	Pot Pie	100-110	Heat, covered, from refrig.
8 oz.	Ravioli	100-110	Heat, covered, from refrig.
8 oz.	Shrimp Creole	80-90	Heat, covered, from refrig.
8 oz.	Shrimp Newburg	80-90	Heat, covered, from refrig.
8 oz.	Short Ribs of Beef	100-110	Heat, covered, from refrig.
8 oz.	Spaghetti	80-90	Heat, covered, from refrig.
8 oz.	Stew, Chicken	100-110	Heat, covered, from refrig.
8 oz.	Tuna Casserole	100-110	Heat, covered, from refrig.
8 oz.	Turkey Slices	90-100	Heat, covered, from refrig.

### Vegetables

4 oz.	Asparagus	40-50	Heat, covered, from refrig.
4 oz.	Beans, Green	40-50	Heat, covered, from refrig.
4 oz.	Broccoli	40-50	Heat, covered, from refrig.
4 oz.	Carrot Slices	40-50	Heat, covered, from refrig.
4 oz.	Cauliflower	40-50	Heat, covered, from refrig.
4 oz.	Corn Niblets	40-50	Heat, covered, from refrig.
4 oz.	Mushrooms	30-40	Heat, covered, from refrig.
4 oz.	Peas	30-40	Heat, covered, from refrig.
4 oz.	Potatoes au Gratin	50-60	Heat, covered, from refrig.
4 oz.	Potatoes (pre-baked)	50-60	Heat, uncovered, from refrig.

Quantity	Item	Approximate Heating Time 100% Power	Comment:
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### Plated Meals

1 small	Plated Meal	2-2½ min.	Heat, covered, from refrig.
1 large	Plated Meal	2½-3½ min.	Heat, covered, from refrig.

### Primary Cooking

4 slices	Bacon	2½-3 min.	Cook between paper towels.
1 pound	Bacon (precook to reheat)	8-10 min.	Cook between paper towels.
2	Scrambled Eggs	50-60 sec.	Stir during cooking.
12	Scrambled Eggs (precook to reheat)	4½-5 min.	Stir during cooking.
1 ear	Corn on the Cob	2-2½ min.	Cover, turn over during cooking.
1 medium	Potato	3½-4 min.	Wash, dry, prick.
2 medium	Potatoes	7-8 min.	Cook on paper towel. Stand.
40 oz.	Frozen Broccoli Pieces	14-16 min.	Rearrange during cooking.
24 oz.	Frozen Broccoli Spears	7-9 min.	Rearrange during cooking.
96 oz.	Refrigerated Lasagna	(R-21HV/JV, R-21JCA) 15 min. at 100 % (R-21HT) 10 min. at 100 % + 17 min. at 50%	Cover with lid for first half of cooking time. Uncover for second half of cooking time. After cooking, allow to stand, covered, for least 5 minutes to make cutting and serving easier.