



# BBQ PULLED PORK MEAL HEATING INSTRUCTIONS\*



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## OVEN

*Preferred method. Refrigerate items until ready to heat.*

### BBQ PULLED PORK

- Preheat oven to 350°F
- Remove lid and place container into oven
- Cook for 15 to 20 minutes

### MASHED POTATOES

- Preheat oven to 350°F
- Remove lid and place in oven
- Cook for 15 to 20 minutes

### CORN

- Preheat oven to 350°F
- Remove from package and place into an oven safe container
- Cook for 7 to 8 minutes



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## MICROWAVE

*Refrigerate items until ready to heat.*

### BBQ PULLED PORK

- Remove from package and place in microwave-safe container
- Cook on high heat for 5 to 6 minutes
- Let stand covered for 3 minutes before serving

### MASHED POTATOES

- Remove from package and place in microwave-safe container
- Cook on high heat for 4 to 5 minutes
- Let stand covered for 3 minutes before serving

### CORN

- Loosen lid and place in microwave
- Cook on high heat for 2 minutes
- Stir and cook for an additional 2 minutes
- Let stand covered for 3 minutes before serving

\*Cooking times and oven temperatures may vary. **Heat all foods to an internal temperature of 165° F**



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## BBQ PULLED PORK MEAL INGREDIENT LIST

### **BBQ Pulled Pork**

**INGREDIENTS:** PORK LOIN, GREEN PEPPERS, SPANISH ONION, CABBAGE, MUSHROOMS, SOY SAUCE (WATER, WHEAT, SALT, HYDROLYZED SOY PROTEIN, CORN SYRUP, CARAMEL COLOR, POTASSIUM SORBATE [TO PROTECT FLAVOR]), BROWN SUGAR, WATER, KETCHUP (TOMATO CONCENTRATE MADE FROM RED RIPE TOMATOES, DISTILLED VINEGAR, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, SALT, SPICE, ONION POWDER, NATURAL FLAVORING), WORCESTERSHIRE SAUCE (VINEGAR, MOLASSES, HIGH FRUCTOSE CORN SYRUP, ANCHOVIES, WATER, ONIONS, SALT, GARLIC, TAMARIND CONCENTRATE, CLOVES, NATURAL FLAVORINGS, CHILI PEPPER EXTRACT), CORN STARCH. **CONTAINS: WHEAT, FISH (ANCHOVIES) AND SOY.**

### **Sendik's Mashed Potatoes**

**INGREDIENTS:** POTATOES, WHOLE MILK (MILK, VITAMIN D3), BUTTER (CREAM, SALT, PEPPER). **CONTAINS: MILK.**

### **Corn**

**INGREDIENTS:** CORN.

### **Sendik's Kaiser Rolls**

**INGREDIENTS:** ENRICHED FLOUR (WHEAT FLOUR, UNBLEACHED, UNBROMATED, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, CONTAINS 2% OR LESS OF: CANE SUGAR, SOYBEAN/CANOLA OIL, SALT, DATEM, CALCIUM SULFATE, MONOGLYCERIDES, AMMONIUM SULFATE, ASCORBIC ACID (VITAMIN C), ENZYMES, WHEAT GLUTEN. **CONTAINS: WHEAT.**

**ALL ITEMS ARE PREPARED IN A FACILITY THAT PROCESSES MILK, EGGS, FISH, CRUSTACEAN SHELLFISH, TREE NUTS, PEANUTS, WHEAT, AND SOY PRODUCTS.**



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