



FRIED CHICKEN MEAL HEATING INSTRUCTIONS*



OVEN/STOVE TOP

Preferred method. Refrigerate items until ready to heat.

FRIED CHICKEN

- Preheat oven to 350°F
- Remove chicken from container and place on sheet pan
- Cook for 15 to 20 minutes

MASHED POTATOES

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

GRAVY

- Pour into a small saucepan and place on stove
- Heat for 3 to 4 minutes on medium heat, stirring occasionally, until gravy comes to a boil



MICROWAVE

Refrigerate items until ready to heat.

FRIED CHICKEN

- Remove from package and place in microwave-safe container
- Cook on high heat for 6 to 7 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

GRAVY

- 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**

Ingredient List

V2-1207-15



FRIED CHICKEN MEAL INGREDIENT LIST

Fried Chicken

INGREDIENTS: CHICKEN, BREADING (YELLOW CORN FLOUR, ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE]). **CONTAINS: WHEAT.**

Sendik's Mashed Potatoes

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

Turkey Gravy

INGREDIENTS: WATER, GRAVY MIXTURE (MODIFIED CORN STARCH, WHEAT FLOUR, SWEET DAIRY WHEY, HYDROLYZED CORN AND YEAST PROTEIN, HYDROLYZED WHEAT GLUTEN, MALTODEXTRIN, CHICKEN FLAVOR, YEAST EXTRACT, SALT, SUGAR, HYDROLYZED SOY PROTEIN, DEHYDRATED TURKEY BROTH, DEHYDRATED ONION, SOYBEAN OIL, CARAMEL COLOR, HYDROGENATED SOYBEAN OIL, PAPRIKA, DISODIUM INOSINATE, DISODIUM GUANYLATE, SPICES, NATURAL AND ARTIFICIAL FLAVOR). **CONTAINS: MILK (WHEY), WHEAT AND SOY.**

Sendik's Homemade Cole Slaw

INGREDIENTS: GREEN CABBAGE, COLESLAW DRESSING (SOYBEAN OIL, HIGH FRUCTOSE CORN SYRUP, WATER, DISTILLED VINEGAR, EGG YOLKS, SUGAR, SALT, CONTAINS LESS THAN 2% OF XANTHAN GUM, PROPYLENE GLYCOL, ALGINATE, CALCIUM DISODIUM EDTA [TO PROTECT FLAVOR], CARAMEL COLOR, YELLOW #5 AND YELLOW #6), CARROTS. **CONTAINS: EGG.**

Sendik's Dinner Rolls

INGREDIENTS: UNBLEACHED BREAD FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, CONTAINS LESS THAN 2% OF: SALT, VINEGAR, CULTURED WHEAT STARCH, WHEAT FLOUR, CITRIC ACID, YEAST, ASCORBIC ACID (VITAMIN C), ENZYMES, MALT (MALTED BARLEY, WHEAT FLOUR, DEXTROSE). **CONTAINS: WHEAT.**

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

Heating Instructions →

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