



LEMON PEPPER SALMON MEAL HEATING INSTRUCTIONS*



LEMON PEPPER SALMON MEAL INGREDIENTS



OVEN

Preferred method. Refrigerate items until ready to heat.

LEMON PEPPER SALMON

- Preheat oven to 350°F
- Remove lid. Reheat covered with foil for 25 minutes or until an internal temperature of 130°F is reached.

CILANTRO LIME RICE

- Preheat the oven to 350°F.
- Remove the lid for the container. Add 1/2 cup of water to an oven safe pan. Cover with a sheet of foil.
- Reheat covered for 20-25 minutes or until an internal temperature of 165°F is reached.

ROASTED VEGETABLE MEDLEY

- Preheat oven to 350°F
- Remove lid. Reheat uncovered for 15-20 minutes or until an internal temperature of 165°F is reached.



MICROWAVE

Refrigerate items until ready to heat.

LEMON PEPPER SALMON

- Remove from package and place in microwave-safe container
- Microwave on high heat for 2 minutes

CILANTRO LIME RICE

- Remove from package and place in microwave-safe container
- Microwave on high heat for 1 minute 30 seconds

ROASTED VEGETABLE MEDLEY

- Remove from package and place in microwave-safe container
- Microwave on high heat for 1 minute 30 seconds

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

Lemon Pepper Salmon

INGREDIENTS: SALMON, LEMON PEPPER, OLIVE OIL, LEMON JUICE, SALT, PEPPER.

ROASTED VEGETABLE MEDLEY

INGREDIENTS: BELL PEPPER, EGGPLANT, ZUCCHINI, MUSHROOM, OLIVE OIL, BLACK PEPPER, SALT, GRANULATED GARLIC.

Cilantro Lime Rice

INGREDIENTS: WHITE RICE, SALTED BUTTER (PASTEURIZED CREAM & SALT), ONION, GROUND CORIANDER, CHICKEN STOCK, CILANTRO, LIME JUICE, & SALT.

CONTAINS: FISH, MILK, SOY, WHEAT.

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