



MEATLOAF MEAL HEATING INSTRUCTIONS*



OVEN/STOVE TOP

Preferred method. Refrigerate items until ready to heat.

MEATLOAF

- Preheat oven to 350°F
- Remove lid and place container into oven
- Cook for 20 to 25 minutes

MASHED POTATOES

- Preheat oven to 350°F
- Remove lid and place in oven
- Cook for 15 to 18 minutes

GREEN BEANS & MUSHROOMS

- Preheat oven to 350°F
- Remove lid and place in oven
- Cook for 10 minutes



MICROWAVE

Refrigerate items until ready to heat.

MEATLOAF

- 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

GREEN BEANS & MUSHROOMS

- Remove from package and place in microwave-safe container
- Cook on high heat for 2 to 3 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 →



MEATLOAF MEAL INGREDIENT LIST

Meatloaf

INGREDIENTS: GROUND BEEF, SALT, PEPPER, BROWN SUGAR, GARLIC, BREAD CRUMBS (ENRICHED FLOUR [WHEAT FLOUR, BARLEY FLOUR, NIACIN, RIBOFLAVIN], HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, PARTIALLY HYDROGENATED VEGETABLE OIL, YEAST, HONEY, MOLASSES, SUGAR, WHEAT GLUTEN, WHEY, SOY, OAT BRAN, CORN MEAL, RICE FLOUR, DISTILLED VINEGAR, SKIM MILK, BUTTERMILK, LACTIC ACID, CALCIUM PROPIONATE), EGG, KETCHUP (TOMATO CONCENTRATE, DISTILLED VINEGAR, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, SALT, SPICE, ONION POWDER, NATURAL FLAVORINGS), DIJON MUSTARD (WATER, VINEGAR, MUSTARD SEED, WHITE WINE, FRUIT PECTIN, CITRIC ACID, TARTARIC ACID, SUGAR, SPICE), CHILI SAUCE (TOMATO PUREE, DISTILLED WHITE VINEGAR, HIGH FRUCTOSE CORN SYRUP, SALT, CORN SYRUP, DEHYDRATED ONIONS, SPICES, GARLIC POWDER, NATURAL FLAVORINGS), BEEF GRAVY (MODIFIED CORN STARCH, WHEAT FLOUR [BLEACHED WHEAT FLOUR, MALTED BARLEY, POTASSIUM BROMATE], HYDROLYZED CORN AND YEAST PROTEIN [SALT, SUGAR, MALTODEXTRIN, HYDROLYZED WHEAT GLUTEN, CARAMEL COLOR, ONION POWDER, DRIED BEEF STOCK, COOKED BEEF, CHICKEN FLAVOR (CONTAINS WHOLE EGG SOLIDS), SOYBEAN OIL, AUTOLYZED YEAST EXTRACT, GARLIC POWDER, DISODIUM INOSINATE, DISODIUM GUANYLATE, NATURAL AND ARTIFICIAL FLAVOR]). **CONTAINS: MILK, WHEAT, EGGS, SOY.**

Mashed Potatoes

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

Green Beans & Mushrooms

INGREDIENTS: GREEN BEANS, MUSHROOMS, KOSHER SALT, PEPPER, OLIVE OIL, GARLIC.

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 →