



# ROAST BEEF & GRAVY MEAL HEATING INSTRUCTIONS\*



## OVEN

Preferred method. Refrigerate items until ready to heat.

### ROAST BEEF & GRAVY

- Preheat oven to 350°F
- Remove lid and place container into oven
- Cook for 10 to 12 minutes

### MASHED POTATOES

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

### CORN

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

### GRAVY

- Pour gravy into a medium saucepan
- Cook on a medium setting, stirring until hot. (approx. 5-10min)



## MICROWAVE

Refrigerate items until ready to heat.

### ROAST BEEF & GRAVY

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

### CORN

- Remove from package and place in microwave-safe container
- Cook on high heat for 2 to 3 minutes
- Let stand uncovered for 3 minutes before serving

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



# ROAST BEEF & GRAVY MEAL INGREDIENT LIST

### Roast Beef & Gravy

**INGREDIENTS:** ROAST BEEF (BEEF, CONTAINS UP TO 10% SOLUTION OF WATER, SODIUM LACTATE, SALT, DEXTROSE, SODIUM PHOSPHATE, FLAVORINGS, RUBBED WITH: SALT, DEXTROSE, CARAMEL COLORING, SPICES, CELERY, FLAVORINGS), BEEF GRAVY (MODIFIED CORN STARCH, WHEAT FLOUR, HYDROLYZED CORN & WHEAT PROTEIN, SALT, SUGAR, YEAST EXTRACT, MEAT EXTRACT, DEHYDRATED BEEF, DEHYDRATED ONION, CARAMEL COLOR, SOYBEAN OIL, DISODIUM INOSINATE, DISODIUM GUANYLATE, SPICES, NATURAL AND ARTIFICIAL FLAVORING), WATER.  
**CONTAINS: WHEAT AND SOY.**

### Mashed Potatoes

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

### Beef Gravy

**INGREDIENTS:** MODIFIED CORN STARCH, WHEAT FLOUR, HYDROLYZED CORN & WHEAT PROTEIN, SALT, SUGAR, YEAST EXTRACT, MEAT EXTRACT, DEHYDRATED BEEF, DEHYDRATED ONION, CARAMEL COLOR, SOYBEAN OIL, DISODIUM INOSINATE, DISODIUM GUANYLATE, SPICES, NATURAL AND ARTIFICIAL FLAVORING, WATER.  
**CONTAINS: WHEAT AND SOY.**

### Corn

**INGREDIENTS:** CORN.

### Dinner Rolls

**INGREDIENTS:** UNBLEACHED BREAD FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONOITRATE, 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.**