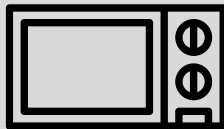
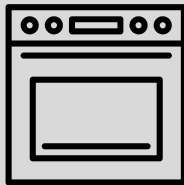


## COOKING INSTRUCTIONS

- **For best results, meals must be cooked from frozen state.**
- Frozen meals should be placed straight from freezer into the microwave or oven.
- Do not remove packaging or pierce film.
- Packaging and plastic film are safe for microwaves and conventional ovens.
- Do not remove or pierce film
- Do not thaw or defrost
- Do not steam, grill or exceed 180°C (for ovens).
- Let stand for 1 minute after cooking.

MICROWAVE	MAIN MEALS	MINI MEALS & SOUPS
<b>FULL POWER</b>  (tested on 1100watt microwave)	<b>7<sup>1</sup>/<sub>2</sub></b> MINS	<b>4.5</b> MINS
OVEN	MAIN MEALS	MINI MEALS & SOUPS
<b>140°C / 300°F</b> 	<b>40</b> MINS	<b>30</b> MINS

- *All appliances vary, these are guidelines only.*
- *Please refer to individual meal labels as cooking times may vary for individual meals.*
- *Cooking times are approximate and depend on oven/microwave type, power, size and age.*

## STORAGE

- Products must be kept frozen until use.
- All meals have frozen shelf life of 9-12 months from date of manufacture. Please check Use By Date on individual meals purchased.
- **Do not refreeze once meals are cooked.**

*The Flagstaff Group Ltd accepts no responsibility for clients' microwaves or ovens used for the cooking of our meals.*