

Menu & Instructions – September 16th

- Honey Mustard Meatloaf
 - Red Cabbage & Brussels Sprouts
 - Butternut or Spaghetti Squash with Anise
- Pan Seared Pork Chops
 - Green Bean & Tomato Almandine
 - Potatoes/Cauliflower Sofia
- Crispy Dijon Chicken
 - Broccoli Salad with Garlic & Sesame
 - Spanikorizo
- Tortilla Chicken or Fish
 - Elote-Style Winter Squash
 - Corn & Black Bean Salad
- Aloo Gobi
 - Butternut & Lime Dal
 - White or Brown Rice
- BBQ Roasted Carrots

Entrees

Chicken Dishes

- Oven: Reheat 350F for 20 minutes, or until internal temperature is 165F.
- Stovetop & microwave: Follow GRG.

Roasted Fish

This dish may contain undercooked protein and needs to be fully cooked before eating. For best results, use stovetop or oven.

- Stovetop: Add a tablespoon or so of water. Watching the pot, bring to a boil and reduce the heat until there's just a few bubbles popping. Continue heating for 8-12 minutes, or until fish has reached an internal temperature of 165F.
- Oven: Reheat 350F for 25 minutes, or until internal temperature is 165F.
- Microwave. NOT RECOMMENDED as fish is likely to become overcooked and rubbery

Meatloaf & Aloo Gobi

This dish is fully cooked in its gravy or sauce

- Reheat on the stovetop or microwave following the GRG.
- Vacuum sealed: Follow the GRG.

For best results, use stovetop or microwave, GRG. Add a tablespoon of water to the dish before reheating

Mashed Potatoes & Mashed Root Veggies

Stovetop or microwave is the best way to reheat. Since they're thick, stir often. If using the stovetop, check frequently to ensure they're not burning on the bottom of the pan.

- Stovetop & microwave: Follow GRG
- Oven: Reheat 350F for 20 minutes, or until internal temperature is 165F. Add about 2 tablespoons of milk first.

Vegetable Salads

These salads are already mixed and are ready to eat. They're usually eaten cold, although they can be heated if desired. Sometimes, they still need to be dressed. In this case, place the salad ingredients in a bowl. Add the included dressing a little at a time, gently tossing it in. The goal is to coat the salad with the dressing without leaving a pool in the bottom of the bowl.

Rice Side Dishes

Add a tablespoon or two of water first, regardless of heating method. Also, watch rice carefully to ensure that it doesn't dry out and burn, especially if on the stovetop. Add water by tablespoons as needed. Use microwave or stovetop for best results.

- Stovetop & microwave: Follow GRG.
- Oven: Reheat 350F for 20 minutes, or until internal temperature is 165F.

Vegetable Sides

Stovetop or microwave are the best ways to reheat.

- Stovetop & microwave: Follow GRG
- Oven: Reheat 350F for 20 minutes, or until internal temperature is 165F.
- Vacuum Sealed: Follow the GRG.