



It's Easy. It's Comfort. It's Ready.

Menu & Instructions – March 9th

- Bolognese
 - Squash, flour, rice noodles
 - Kale
- Shepherd's Pie
 - Beet & Goat Cheese Salad
 - Brussels Sprouts
- Pomegranate Tamarind Chicken
 - Mushroom Risotto/Polenta
 - Tomato & Cucumber Salad with Walnuts
- Skillet Garlic Chicken/Shrimp & Spinach
 - Broccoli with Sun Dried Tomato
 - White/Brown Rice
- Tofu with Spinach & Chickpeas
 - Cauliflower & Brussels Sprouts Gratin
- Additional Side
 - Zucchini Spears

Entrees

Shepherd's Pie

Bolognese

This dish is fully cooked in its gravy or sauce

- Reheat on the stovetop or microwave following the GRG.

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

Chicken Dishes

- Oven: Reheat 350F for 20 minutes, or until internal temperature is 165F.
- Stovetop & microwave: In a microwave safe container, reheat in the microwave 2 minutes at a time until is hot. Let stand for a minute for the heat to distribute.

Imam Biyildi

These dishes have fully cooked components but are not fully baked. This is to that it'll be at it's very best when you reheat it. Use the oven! If you must, it can be microwaved. Just don't use the stovetop.

- Oven: Preheat oven to 350F with a rack in the middle. Reheat 30-45 minutes, or until the top is golden brown and the sauce is bubbling. Check the temperature in the middle of the dish-it should be at least 165F. While 165F is the safe temperature, the middle might seem cold. Baked dishes do well when heated to an internal, center temp of 180F.
- Microwave: Follow GRG. The microwave works well if you're reheating leftovers.



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Sides

Gratins

his dish has all fully cooked components. Use either the oven or microwave-but the oven will be better. Just don't use the stovetop.

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.

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.

Risottos & Polentas

- The risottos are fully cooked and ready to reheat. They tend to set up and get stiff when cooled. The goal is to loosen them with added liquid without making them lumpy. Use stovetop or microwave for best results.
- Microwave: Heat for 30 seconds to slightly loosen. Add a ¼ cup of water or stock a little at a time, stirring it in. Once you've added some liquid and more liquid adds easily, thin to the desired consistency and microwave following the GRG.
- Stovetop: Add ¼ cup of liquid to a small saucepan, then add the risotto. Over medium heat slowly and gently stir the liquid into the risotto until it's absorbed. Continue to add liquid to the desired consistency, then heat following GRG.