

# Preparation Instructions & Allergens

## Cook

These dishes are raw and require cooking.

### Seasoned Rib Roast


Scan to see our online recipe for the Perfect Rib Roast, skipping the seasoning step.



### Stuffed Turkey Breast\*

  
**375°**  
DEGREES

  
**1:30**  
HOURS


  
**165°**  
INTERNAL TEMP

Preheat oven to 375°F. Transfer stuffed turkey breast to a greased baking dish or roasting pan. Drizzle olive oil over the top of the turkey breast and season with salt and pepper. Bake for about 1.5 hours or until skin is golden and meat reaches an internal temperature of 165°F. Start checking the temperature at 1 hour of cooking. (If skin starts to get too dark, cover with foil and continue baking.)

### Crab-Topped Salmon\*

  
**375°**  
DEGREES

  
**25-30**  
MINUTES


  
**145°**  
INTERNAL TEMP

Remove plastic lid. Preheat oven to 375°F. Bake salmon for 25-30 minutes or until it reaches an internal temperature of 145°F.

### Herb Salmon

  
**375°**  
DEGREES

  
**15-20**  
MINUTES

  
**145°**  
INTERNAL TEMP

Remove plastic lid. Preheat oven to 375°F. Bake salmon for 15-20 minutes or until it reaches an internal temperature of 145°F.

## \*Allergens

- Argentine Red Prawn Platter**– Contains: Shellfish (prawns)
- Bourbon-Maple Sweet Potatoes**– Contains: Cow's milk, tree nuts (pecans)
- Butternut Bisque**– Contains: Cow's milk
- Caesar Salad** – Contains: Cow's milk, wheat, egg, fish, soy
- Classic Meat Lasagna** – Contains: Cow's milk, wheat, egg
- Cornbread & Sausage Stuffing**– Contains: Cow's milk, wheat, eggs
- Crab Cakes**– Contains: Shellfish (crab), wheat, cow's milk, eggs
- Crab-Topped Salmon**– Contains: Fish (salmon and anchovy), shellfish (crab), cow's milk, egg, soy, wheat
- Cucumber Dill Salad**– Contains: Cow's milk
- Fresh Prep Veggie Tray**– Contains: Egg, soy
- Ginger Carrot Soup**– Contains: Tree nuts (coconut)
- Gravy (Beef)**– Contains: Cow's milk, wheat, egg
- Gravy (Mushroom)**– Contains: Cow's milk, wheat
- Gravy (Turkey)**– Contains: Cow's milk, wheat
- Herb Stuffing**– Contains: Wheat, egg, cow's milk
- Herbed Salmon Fillet**– Contains: Fish (salmon), cow's milk, egg, soy
- Horseradish Sauce** – Contains: Cow's milk, soy, egg
- Lobster Cakes**– Contains: Shellfish (lobster), wheat, cow's milk
- Maine Lobster Tails**– Contains: Shellfish (lobster)
- MontAmore Mac & Cheese**– Contains: Cow's milk, wheat
- Quiche Lorraine** – Contains: Cow's milk, wheat, egg
- Roasted Turkey Holiday Meal**– Contains: Cow's milk, wheat, egg, tree nuts (pecans)
- Seafood Trio Platter**– Contains: Shellfish (prawns, crab)
- Smoked Turkey Holiday Meal**– Contains: Cow's milk, wheat, egg, tree nuts (pecans)
- Stuffed Turkey Breast**– Contains: Wheat
- Stuffed Turkey Breast Meal**– Contains: Cow's milk, wheat, egg, tree nuts (pecans)
- Swedish Meatballs** – Contains: Cow's milk
- Turkey Breast Meal**– Contains: Cow's milk, wheat, egg
- Whipped Cream**– Contains: Cow's milk
- Yukon Mashed Potatoes**– Contains: Cow's milk






Scan to see full ingredients list



# Reheat

These dishes are pre-cooked and ready-to-heat.

## Swedish Meatball Meal\*

 <b>350°</b> DEGREES	 <b>25-30</b> MINUTES	 <b>165°</b> INTERNAL TEMP
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Remove plastic lid, apple sauce and cucumber salad from the pan. Spread the rest in pan, cover with foil. Bake at 350°F oven for 25-30 minutes, or until internal temperature of meatballs is 165°F.

## Classic Meat Lasagna\*

 <b>350°</b> DEGREES	 <b>40</b> MINUTES	 <b>165°</b> INTERNAL TEMP
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Remove plastic from lasagna. Cover with foil (spray foil with non-stick cooking spray before applying to avoid cheese sticking). Bake at 350°F for 40 minutes. Uncover and return to oven and bake for another 20 minutes until bubbly and internal temperature is 165°F.

## Mashed Potatoes\* Herb Stuffing\* Bourbon-Maple Sweet Potatoes\* Macaroni & Cheese\*

 <b>350°</b> DEGREES	 <b>35-45</b> MINUTES	 <b>165°</b> INTERNAL TEMP
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Remove plastic lid and cover with foil. Bake in a 350°F oven for 35-45 minutes, stirring halfway through cooking time, until you reach an internal temperature of 165°F.

## Roasted Brussels Sprouts Roasted Carrots & Brussels Sprouts Roasted Carrots & Parsnips Braised Red Cabbage

 <b>350°</b> DEGREES	 <b>20-30</b> MINUTES	 <b>165°</b> INTERNAL TEMP
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Remove plastic lid and cover with foil. Bake in a 350°F oven for 20-30 minutes, stirring halfway through cooking time, until you reach an internal temperature of 165°F.




## 2-3 Person Turkey Meal\*

 <b>350°</b> DEGREES	 <b>30</b> MINUTES	 <b>165°</b> INTERNAL TEMP
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Preheat oven to 350°F. Remove plastic lid, cranberry sauce and gravy from the pan. Spread the other items out in the pan they came in and cover with foil. Bake for about 30 minutes. Heat gravy separately on the stove or in a microwave-safe dish.



Or build individual plates of the meal, top with gravy, and microwave until heated through.

## Quiche Lorraine\*

 <b>350°</b> DEGREES	 <b>30</b> MINUTES	 <b>165°</b> INTERNAL TEMP
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Remove plastic lid. Bake at 350°F for about 30 minutes, until crust is golden brown and internal temperature is 165°F.

## Lyonnaise Potatoes

 <b>350°</b> DEGREES	 <b>25-35</b> MINUTES	 <b>165°</b> INTERNAL TEMP
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Remove plastic lid and cover with foil. Bake in a 350°F oven for 25-35 minutes, stirring halfway through cooking time, until you reach an internal temperature of 165°F.

## Gravy (Beef, Mushroom, Turkey)\* Ginger Carrot Soup\* Lobster Bisque\* Butternut Squash Bisque\* Au Jus

Stove: Empty into a pot and heat on the stove over low heat, stirring regularly, until it reaches a simmer.

Microwave: Transfer to a microwave safe dish and heat in 1-2-minute increments stirring in between until hot.

## Crab Cakes\* Lobster Cakes\*

Gently press cakes into patties about 1½-2-inches thick. Fry in a small amount of oil in a non-stick pan over medium heat until browned on both sides. Serve with your favorite sauce or aioli.