



CHICKEN/EGGPLANT PARMESAN

HEATING INSTRUCTIONS: 2+ Servings

If frozen, defrost in refrigerator overnight.

1. Preheat oven to 375°F (350°F convection).
2. Place chicken or eggplant parmesan and Alfredo lasagna, uncovered, on middle rack of oven.
3. Bake for 30 minutes.
4. Meanwhile, toss kale caesar salad.

HEATING INSTRUCTIONS: 4+ Servings

If frozen, defrost in refrigerator overnight.

1. Preheat oven to 375°F (350°F convection).
2. Place both containers of chicken or eggplant parmesan and Alfredo lasagna, uncovered, on middle rack of oven.
3. Bake for 40 minutes.
4. Meanwhile, toss kale caesar salad.

BON APPETIT!

***For food safety, all hot items should be heated to a minimum of 165°F**

**** Consume or freeze dishes on or before expiry date**