

ST ANDREWS MOBILE MEALS

MEAL STORAGE & REHEATING INSTRUCTIONS

To ensure you enjoy your meals, please follow the instructions below carefully:

STORAGE: Meals should be kept refrigerated or frozen until use.

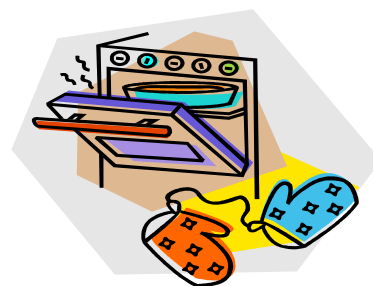
DEFROST: When you receive a frozen meal the meal must be fully defrosted before re heating. The Safest way of doing this is to allow your meal to thaw in the fridge 24 hours prior to re heating.

Once thawed, **DO NOT** re freeze meals and make sure meal is consumed within 48 hours after thawing.

REHEATING: Oven & Microwave temperatures can vary, this can ultimately affect the overall heating time of your meal. Please adjust heating time according to your oven & personal requirements.

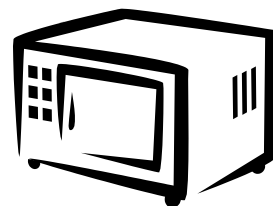
CONVENTIONAL OVEN

1. Defrost Meal
2. Preheat oven to 180oC
3. Leave lid on your meal & place in oven for approximately 15 to 20 minutes
4. Remove from oven, be careful of steam when removing the lid to serve
5. Enjoy your meal



MICROWAVE OVEN

1. Defrost Meal
2. Arrange meal on plate, cover with plastic wrap or microwave safe lid
3. Reheat on Medium heat for approximately 4 to 8 minutes
4. Allow to stand for 2 minutes
5. Be careful of steam when removing the plastic wrap or microwave safe lid
6. Enjoy your meal



ST ANDREWS MOBILE MEALS

Welcome to ST ANDREWS Mobile Meals

St Andrews Mobile Meals offers a choice of Frozen Meals, Sweets and Soups.

We have seasonal menu's that will change twice each year with the summer menu running approximately from November through to June. The winter menu then runs approximately from June through until November

Bulk Frozen meal deliveries such as a 7 day supply are delivered twice a week on specified days as follows:

Tuesday: Ballina Island, East & West Ballina

Thursday: Alstonville, Wollongbar, Goonellabah, & Lismore

More detailed information is provided in this package; if you require any further information please don't hesitate to contact me.

For all meal orders please call Reception on 02 6620 5800.

Kind Regards

Mark Lasater

Hospitality Services Manager

Phone: 6620 5828