



Meal Subscription Heating Instructions

Early Spring: Week 7 of 8

ENTREES

AMISH CHICKEN MILANESE	Keep frozen. Preheat oven to 350 degrees. Remove lid and place on a sheet tray. Bake for 45-50 minutes.
ORGANIC SLOPPY JOES	Keep frozen. Preheat oven to 350 degrees. Remove lid and bake for 30-35 minutes, stirring occasionally. Serve with pretzel buns.
BACON WRAPPED, STUFFED BBQ PORK TENDERLOIN	Keep frozen. Preheat oven to 350 degrees. Remove lid and place on sheet tray and cook for 35 minutes. Cover with foil to lock in moisture.
COCONUT FRIED SHRIMP WITH SWEET AND SOUR SAUCE	Keep frozen. Preheat oven to 300 degrees. Remove lid and place on a sheet tray. Cover with foil. Bake for 20 minutes. Serve with Sweet and Sour Sauce.
VEGETABLE STUFFED CABBAGE CASSEROLE (V)	Keep frozen. Preheat oven to 325 degrees. Remove the lid. Place on sheet tray and bake for 35 minutes.
THREE CHEESE PANZEROTTI (V)	Keep frozen. Preheat oven to 300 degrees. Remove lid and place on a sheet tray and bake for 30-40 minutes.

SIDES

MUSHROOM BISQUE	Thaw. Pour into medium sauce pan and heat over medium temperature. Stir occasionally.
CEASER SALAD	Toss with dressing and croutons. Enjoy!
BAKED RED POTATOES	Keep frozen. Preheat oven to 375 degrees. Remove lid and place on a baking sheet. Bake for 20 minutes.
MICK KLUG FARMS ROASTED ASPARAGUS	Keep frozen. Preheat oven to 325 degrees. Remove lid and place on a baking sheet. Bake for 15-20 minutes.
ORGANIC PENNE PASTA WITH BASIL PESTO	Keep frozen. Preheat oven to 350 degrees. Remove lid and place on a baking sheet. Bake for 30-35 minutes.
FRESH ORGANIC PEARS	Wash. Enjoy!
STRAWBERRY RHUBARB PIE	Thaw for 25-30 minutes. Enjoy!