



HEATING INSTRUCTIONS

STEAKS

Preheat the oven to 350 degrees.

Medium-Rare: Cook to an internal temperature of 115 degrees.
(approximately 10-15 minutes)

Medium-Well: Cook to an internal temperature of 130 degrees.
(approximately 20-25 minutes)

ROOT VEGETABLES, HERB ROASTED POTATOES & AU GRATIN POTATOES

Oven temperature: 350 degrees
Cook to an internal temperature of 165
degrees. (approximately 15 minutes)

CREAMED SPINACH

Oven temperature: 350 degrees
Cook to an internal temperature of 165 degrees.
(approximately 15 minutes)

GRILLED ASPARAGUS

Oven temperature: 350 degrees
(approximately 10 minutes)



HEATING INSTRUCTIONS

CRAB CAKES

Preheat the oven to 350 degrees.

Cook to an internal temperature of 165 degrees (approximately 15 minutes) Top with apple slaw and serve with remoulade sauce.

GRILLED KING SALMON

Preheat the oven to 350 degrees.

Cook to an internal temperature of 155 degrees (approximately 15 minutes)

Baste with Tarragon Butter

PRAWN SCAMPI

Preheat the oven to 350 degrees.

Cook to an internal temperature of 155 degrees (approximately 15 minutes)

BACON MAC & CHEESE

Preheat the oven to 350 degrees.

Cook to an internal temperature of 165 degrees (approximately 15 minutes)

WHITE CLAM CHOWDER

Place Chowder in a saucepan over medium-high heat and bring to a simmer for approximately 10 minutes to reach an internal temperature of 165 degrees.

SPICY CRAB & CORN CHOWDER

Place Chowder in a saucepan over medium-high heat and bring to a simmer for approximately 10 minutes to reach an internal temperature of 165 degrees.