

Please do not hesitate to get in touch if you have any queries, compliments or complaints. Availability of seasonal produce may affect the vegetable accompaniments, but again, the carbohydrate value will remain the same. Please note the following advice with regard to storage and reheating of your meal plan:

STORAGE

Your meals have been chosen to allow food items for days 1-2 to be refrigerated, and days 3, 4 and 5 to be frozen. Additional days should also be frozen. These should be placed in freezer on day of delivery, and defrosted in your fridge 24 hours prior to use.

Bread may be frozen but will remain fresh in the box at room temperature for 2 days.

Jams and preserves are sugar free so MUST be stored in the fridge.

Pancakes and naan bread should be either refrigerated or frozen. Thaw at room temperature for 1 hour.

Bread and jams can be frozen and will keep for up to 3 months. Thaw at room temperature for 1 hour.

Granola, seeded crackers and bread may be stored in the boxes or in an airtight container.

REHEATING

All soups and main meals will be packaged in microwaveable containers ready for reheating.

To reheat, loosen lids on soup and pierce the film on food trays, microwave on full power for 90 seconds, leave for 1 minute and then another 30 seconds at full power. Alternatively, place food in ovenproof dish, cover loosely with foil and bake in preheated oven (160 C) for 10 – 15 minutes.

Please ensure all food is piping hot in the centre before eating.

Bread rolls and naan bread should NOT be microwaved. To heat, either toast or place in warmed oven for 2 – 3 minutes

PIZZA

If frozen, fully thaw at room temperature before cooking. For best results, use an upturned baking tray. Pre heat baking tray and oven to 200C. Remove the pizza from the box using the greaseproof paper under the pizza and place on the pre heated baking tray. Cook for 5-8 minutes