

Recommended Cooking Times for Microwave & Oven*

Meal Number	Meal Entrée	Microwave Cook Time (minutes)	Oven Cook Time at 350°F (minutes)
10	Breaded Pork Patty	5	25
11	Cacciatore Chicken Tenders	7	25
13	Pork Patty & BBQ Sauce	5	25
14	Creamy Chicken Patty & Waffle	5	25
15	Pork Patty with Pizzaiola Sauce	8	25
16	Meatballs over Egg Noodles & Pizzaiola Sauce	8	25
19	Chicken Patty & Mushroom Swiss Rice	8	25
20	Red Beans & Brown Rice with Sausage	8	25
21	Cheese Lasagna with Meat Sauce	5-1/2	25
23	Homestyle Meatloaf	7	25
24	Cheese Pizza	4	25
25	Chicken Patty with Rosemary Sauce	8	25
26	Lasagna Cheese Triple Stack	6-1/2	25
27	Beef Patty Strips with Orange Rice & Vegetables	6	25
28	Chicken & Apricot Rice	5-1/2	25
29	Chicken Tenders with Tomato Basil Penne Pasta	4-1/2	25
31	Pork Patty & Zesty Orange Rice	7	25
32	Creamy Country Fried Steak	6	25
33	Chicken Patties & Honey BBQ Sauce	5	25
34	Chili with Beans	7	25
35	Pork Patties & Honey BBQ Sauce	5	25
36	Honey Mustard Chicken Patty	8	25
37	Taco Soup	7	25
38	Beef Patty Strips & Gravy	4	25
39	Bruschetta Chicken Patty	6	25
41	Pork Patty & Gravy	4-1/2	25
42	Beef & Pepper Patty with Gravy	5	25
43	Chicken Patty & New Orleans Style Rice	7	25
44	Breaded Pollock	5	25
45	Cheese Manicotti & Alfredo Sauce	7	25
47	Salisbury Steak	5	25
48	Pork & Chicken Smoked Sausage Link & Beans	8	25
49	Three Cheese Ravioli & Spinach Alfredo	5	25
50	Breaded Chicken Patty	7	25

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Meal Number	Meal Entrée	Microwave Cook Time (minutes)	Oven Cook Time at 350°F (minutes)
52	Chicken Patty with Brown Rice & Teriyaki Sauce	5	25
53	Chicken Patty with BBQ Sauce	5	25
55	Meatballs & Alfredo Shell Pasta	5	25
56	Breaded Veal Parmesan Patty	4-1/2	25
59	Frittata	3	25
65	Spaghetti & Meatballs	5-1/2	25
66	Sausage & French Toast	3	25
69	Red Burrito with Cheese Sauce	8	25
71	Cheese Omelet & Salsa	3-1/2	25
72	Chicken Patty & Dressing with Chicken Gravy	5-1/2	25
73	Sausages & Pancake	3	25
74	Fried Egg Patties	3	25
75	Macaroni & Cheese	9	25
77	Breaded Parmesan Chicken Patty	5	25
79	Chicken Florentine	8	25
80	Chicken Patty over Rice & Gravy	5	25
81	Chimichurri Chicken Breast Patty	6	25
82	Beef Patty over Cheesy Chipotle Rice	6	25
83	Pesto Basil Chicken Patty	6	25
84	Chipotle Meatloaf	7	25
85	Breaded Fish Wedge	5-1/2	25
86	Creamy Breaded Chicken Patty	4-1/2	25
87	Pork Patty & Mushroom Gravy	7	25
88	Beef Patty & Onion Gravy	7	25
89	Southwestern Style Chicken Tenders	7-1/2	25
90	Chicken Tenders over Zesty Orange Rice	6	25
91	Breaded Fish & Alfredo Spinach Sauce	5-1/2	25
92	White Gravy over Sausage & Biscuit	3	25
93	Breakfast Scramble	3-1/2	25
94	Chicken Patty & Penne Pasta Alfredo	9	25
95	Chicken Patty & Honey Lemon Rice	6	25
96	Breaded Fish & Coconut Curry Rice	6	25
97	Ginger Pork Patty	6	25
98	Breaded Veal Patty	5	25
99	Beef Patty	7	25
100	Meatballs with Rice & Gravy	4-1/2	25

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