

Oswego County Opportunities, Inc – Senior Nutrition

ALL HOME DELIVERED MEAL CLIENTS:  
**BEGINNING TUESDAY MAY 31ST**

- Your lunch meal will be delivered **chilled** rather than **hot** ready to be reheated by you in your microwave or regular oven
- The lunch meal will still be in the black tray
- The meal will have reheating instructions on the black tray & instructions are listed below
- If you will not be reheating your meal immediately, please place it in the refrigerator until ready to do so
  
- Your cold meal items will be in a white tray
- The evening meal is **NOT** meant to be reheated
- Evening meals should also be refrigerated until ready to eat
  
- Both meals will be delivered together in a plastic bag
- White bags for regular meals
- Yellow bags for diabetic meals

**If you have any questions or if you do not have the means to reheat your meal please call the office @ 598-4712**

MEAL REHEATING INSTRUCTIONS:

Peel back the corner of lid or slit film to vent

**Microwave:** 3-5 minutes on high or until heated all the way through

OR

**Oven:** Pre-heat oven to 350\* - place meal on cookie sheet-  
Heat for 30 minutes – do not leave tray in the oven for more than 30 minutes

**DO NOT PLACE TRAY IN A TOASTER OVEN  
UNDER ANY CIRCUMSTANCE**