



BBQ PULLED PORK MEAL HEATING INSTRUCTIONS*



BBQ PULLED PORK MEAL INGREDIENT LIST



OVEN

Preferred method. Refrigerate items until ready to heat.

BBQ PULLED PORK

- Preheat oven to 350°F
- Remove lid and place container into oven
- Cook for 15 to 20 minutes

MASHED POTATOES

- Preheat oven to 350°F
- Remove lid and place in oven
- Cook for 15 to 20 minutes

CORN

- Preheat oven to 350°F
- Remove from package and place into an oven safe container
- Cook for 7 to 8 minutes



MICROWAVE

Refrigerate items until ready to heat.

BBQ PULLED PORK

- Remove from package and place in microwave-safe container
- Cook on high heat for 5 to 6 minutes
- Let stand covered for 3 minutes before serving

MASHED POTATOES

- Remove from package and place in microwave-safe container
- Cook on high heat for 4 to 5 minutes
- Let stand covered for 3 minutes before serving

CORN

- Loosen lid and place in microwave
- Cook on high heat for 2 minutes
- Stir and cook for an additional 2 minutes
- Let stand covered for 3 minutes before serving

*Cooking times and oven temperatures may vary. **Heat all foods to an internal temperature of 165° F**

BBQ Pulled Pork

INGREDIENTS: PORK LOIN, GREEN PEPPERS, SPANISH ONION, CABBAGE, MUSHROOMS, SOY SAUCE (WATER, WHEAT, SALT, HYDROLYZED SOY PROTEIN, CORN SYRUP, CARAMEL COLOR, POTASSIUM SORBATE [TO PROTECT FLAVOR]), BROWN SUGAR, WATER, KETCHUP (TOMATO CONCENTRATE MADE FROM RED RIPE TOMATOES, DISTILLED VINEGAR, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, SALT, SPICE, ONION POWDER, NATURAL FLAVORING), WORCESTERSHIRE SAUCE (VINEGAR, MOLASSES, HIGH FRUCTOSE CORN SYRUP, ANCHOVIES, WATER, ONIONS, SALT, GARLIC, TAMARIND CONCENTRATE, CLOVES, NATURAL FLAVORINGS, CHILI PEPPER EXTRACT), CORN STARCH. **CONTAINS: WHEAT, FISH (ANCHOVIES) AND SOY.**

Sendik's Mashed Potatoes

INGREDIENTS: POTATOES, WHOLE MILK (MILK, VITAMIN D3), BUTTER (CREAM, SALT, PEPPER). **CONTAINS: MILK.**

Corn

INGREDIENTS: CORN.

Sendik's Kaiser Rolls

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, UNBLEACHED, UNBROMATED, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, CONTAINS 2% OR LESS OF: CANE SUGAR, SOYBEAN/CANOLA OIL, SALT, DATEM, CALCIUM SULFATE, MONOGLYCERIDES, AMMONIUM SULFATE, ASCORBIC ACID (VITAMIN C), ENZYMES, WHEAT GLUTEN. **CONTAINS: WHEAT.**

ALL ITEMS ARE PREPARED IN A FACILITY THAT PROCESSES MILK, EGGS, FISH, CRUSTACEAN SHELLFISH, TREE NUTS, PEANUTS, WHEAT, AND SOY PRODUCTS.