

# Step by Step Guide

**Caution - HOT Food System – Please Handle with care**

## Easy Steps – Soups & Small Meals



Ensure the microwave is plugged in. Look to check that the pack is in date and that the seal and valve are intact, and that the valve and label is positioned as per above picture.



Place the oval and the bowl inside the microwave side by side.



Press the correct button according to the programme number on the label.



Once cooked, remove the oval by holding the container at both ends, and then the bowl. Take care when handling. Once removed, leave to stand for 30 seconds before taking the temperature.



Temperature probe the food. If above 82°C record the temperature. If not, return to the microwave and press 0 for a 30 second boost. Take temperature again. If the oval has still not reached 82°C, dispose of meal and replace.



Holding the lip, carefully peel the film lid back keeping fingers away from escaping steam. As you peel the film back, check that the blue valve is visible under label. If not ensure the valve is located before serving any meals to the patient.



Pour the contents into the warm bowl.



Serve immediately.

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