



# Meals for Virtual Students



## Boneless Turkey Roast

### Cooking Instructions

NOTE: Ovens vary, adjust accordingly.

THAW Turkey Roast completely in refrigerator.  
Preheat oven to 325° F  
Rub lightly with oil or butter. Season as desired.  
Place turkey roast in shallow pan, leaving netting in place while cooking.  
Turkey roast weighs about 10 pounds and will require approximately 4 hours of cooking time.  
Turkey should reach 170° F when tested with meat thermometer.  
Allow to stand 15 or 20 minutes before slicing.  
Promptly refrigerate any leftovers.

## Fully Cooked Chicken Ready to heat and Serve

### Re-Heating Instructions

NOTE: Ovens vary, adjust accordingly.

Preheat oven to 375° F  
Place chicken pieces on pan.  
Spray chicken lightly with cooking spray.  
Cook from frozen 20-25 minutes.  
Cook from thawed 15-20 minutes.  
Place a pan of water in bottom of oven during cooking to prevent chicken from drying out.  
Chicken may be served with dipping sauce, seasoning or glaze.