

Cooking Instructions—From Frozen

From Frozen	Temp*	Cooking Time
Chicken Fingers <i>Seasoned</i>	400°	25 Minutes
Chicken Fingers <i>Plain</i>	Deep Fry	2-4 Minutes
Chicken Fries	375°	8 Minutes
Chicken Nuggets	425°	20 Minutes
Chicken Patties	400°	15-20 Minutes
Chicken Mini's <i>(Stuffed)</i>	350°	20-23 Minutes
Chicken Wings <i>Cooked</i>	425°	20 Minutes
Breast of Chicken Entree's — Stuffed <i>(Chicken & Turkey)</i>	375°	30 Minutes
Chicken / Beef Pot Pies <i>9 oz. (Small)</i>	400°	35 Minutes
Chicken Pies <i>26 oz. (Large)</i>	375°	1 ¼ Hours
Haddock Filets <i>(Cooked)</i>	425°	25-35 Minutes
Haddock Patties	450°	15-17 Minutes
Pizza Logs	400°	15 Minutes
Poppers	350°	8-9 Minutes
Mozzarella Sticks	425°	8 Minutes
Pierogi's <i>Cheese, Potato or Kraut</i>	Pan Fry or Boil	5 to 6 Minutes
Pizza — Personal Size <i>9 oz. (Thaw & Bake)</i>	400°	10-15 Minutes
Pizza — Angela Mia <i>28oz. (Large)</i>	450°	10-15 Minutes
Ravioli	Boil	5-6 Minutes

*Conventional Oven

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From Frozen	Temp*	Cooking Time
Beef Roll-Ups <i>(In Federal Gravy)</i>	325°	45 Minutes to 1 Hour
Chicken Cordon Bleu <i>(From Fresh/Thawed)</i>	325°	1 ¼ Hours
Stuffed Chicken Breasts <i>(From Fresh/Thawed)</i>	325°	1 to 1 ¼ Hours
Federal's Own Stuffed Cabbage <i>(From Frozen)</i>	400°	1 Hour
Federal's Stuffed Cabbage <i>(Thawed)</i>	400°	45 Minutes
Federal's Own Stuffed Peppers <i>(From Frozen)</i>	400°	1 ½ Hours
Federal's Stuffed Peppers <i>(Thawed)</i>	400°	1 Hour
Fresh Ham Loaf <i>(2 lb. Mixture) Thawed</i>	350°	1 ½ Hours
Fresh Ham Loaf <i>(2 lb. Mixture) From Frozen</i>	350°	2 Hours
Fresh Meat Loaf <i>(2 Lb. Mixture) Thawed</i>	350°	1 ½ Hours
Fresh Meat Loaf <i>(2 Lb. Mixture) From Frozen</i>	350°	2 Hours
City Chicken <i>(Bread & Pan Fry) or Bake</i>	350°	45 Minutes
Mock Chicken Legs	350°	45 Minutes
Stuffed Pork Chops	325°	1 ½ Hours
Stuffed Pork Roast	250°	2 Hours
Porkettes	350°	45 Minutes
Potatoes — Twice Baked	400°	15 to 20 Minutes
Veal Patties	350°	45 Minutes

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