



Storing leftovers

Fridge at
4°C (40°F)

Food

Freezer at
-18°C (0°F)

Cooked dishes containing eggs, meat and vegetables



3 to 4 days



2 to 3 months

Cooked fish and poultry



3 to 4 days



4 to 6 months

Meat broth, stock and gravy



3 to 4 days



4 to 6 months

Soups



2 to 3 days



4 months

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