

# SHARP

# R30A0W

MIDSIZE MICROWAVE



## 900W Microwave Power

For efficient cooking

## 6 Auto Menus

Preprogrammed for convenience

## Time & Express Defrost

Simple defrosting

## 2 Stage Cooking Sequence

Combine cooking powers

## Auto Minute Function

For quick cooking & reheating

## AUSTRALIAN DEVELOPED MENUS

At Sharp Australia, we are firmly committed to meeting Australia's cooking preferences. All menus, auto/manual cooking charts and recipes for Sharp microwave ovens are developed and tested with locally sourced produce and the Australian consumer in mind. Building on over 50 years of experience, the Sharp range of conventional, convection, grill and steam commercial microwave ovens offer great technology, such as innovative flatbed, sensor and inverter technologies that blend into your kitchen décor and make it easy to produce meals quickly with food that looks and tastes great.



### Auto Menus

6 popular auto menus have been tested and developed by our Sharp Test Kitchen to provide efficient and convenient cooking and reheating. These menus have been automatically set with a time and microwave power level to ensure your food is cooked or reheated to perfection. Auto menus include Rice & Pasta, Jacket Potato, Chilled Pizza, Frozen Vegetables, Tea & Coffee, Dinner Plate.



### Defrost

There is no need to stress over frozen meat which you have forgotten to defrost. 2 defrost settings have been developed by our Sharp Test Kitchen to provide convenience for defrosting popular varieties of meat. Simply select Express defrost for defrosting 500g of meat at a predetermined power level and defrost time, or for more control, select Time Defrost where we have preset the power level and you select a suitable defrost time. With so many convenient options, you can ensure your meat is thoroughly defrosted.

### 2 Stage Cooking

### 2 Stage Cooking Sequence

This simple function is a fantastic microwave addition when you need to cook using multiple microwave powers, such as when you need to defrost food and then cook it. You can pre-program both microwave powers and the cook times all at once, leaving the microwave to automatically switch from one power level to another.

## CONVENIENCE

### Child Lock

This great feature will help to protect your whole family from any unwanted use of your microwave. By setting the child lock feature, you can prevent unsupervised use of the microwave when there is no food/liquid in the microwave cavity.

### Kitchen Timer

This function can be used for general purpose, such as timing a boiled egg being cooked on the stovetop or you can use it to measure the standing time of food.

### Auto Minute Function

This function provides pure simplicity in the kitchen. In one touch you can cook or reheat your food or beverage on 100% microwave power for 1 minute.

### 11 Microwave Power Levels

This microwave has been set with 11 power levels ranging from 0% to 100% microwave power. The inclusion of these complete range of power levels will give you the flexibility to defrost, cook and reheat a wide range of different foods perfectly.

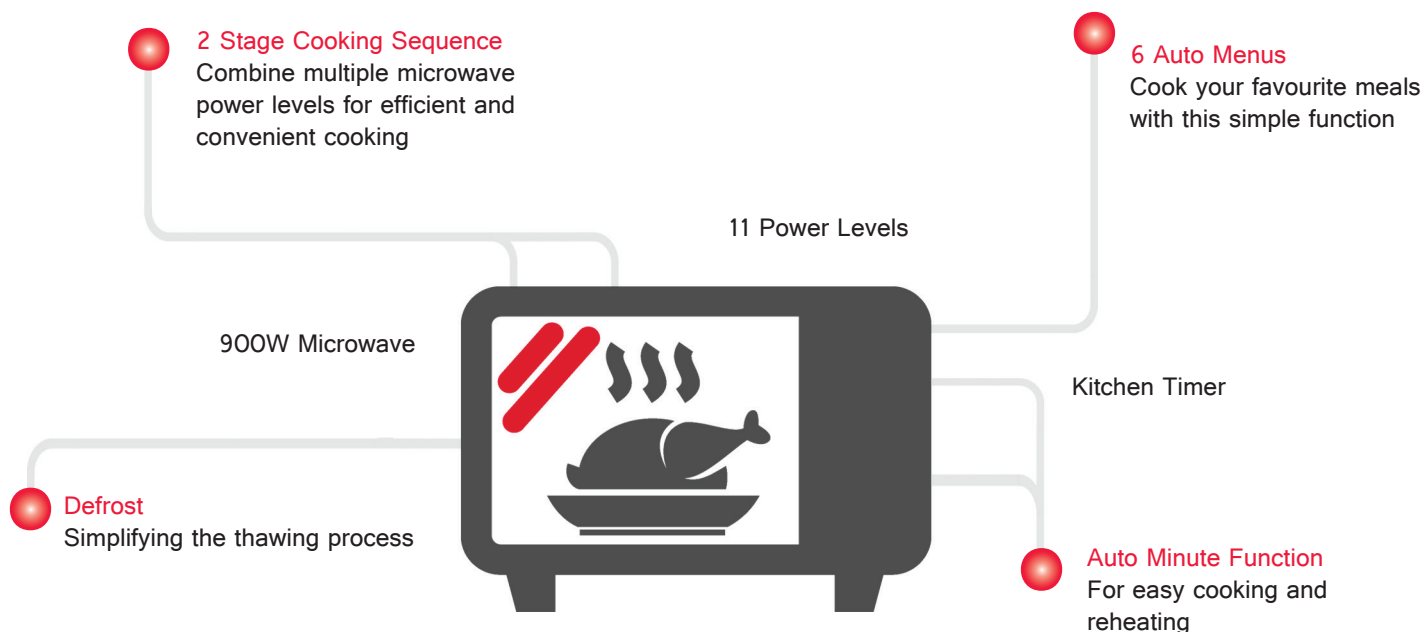
## TECHNICAL SPECIFICATIONS

### Specifications

Microwave Output Power	900W
Turntable	315mm
Finish	White
Power Levels	11
Auto Cook Menu	Yes (4)
Auto Reheat Menu	Yes (2)
Auto Defrost	Yes (Time & Express)
Auto Minute Function	Yes
Cooking Sequence	Yes (2)
Clock	Yes (24hr)
Kitchen Timer	Yes
Child Lock	Yes
Controls	Touch control
Door Opening	Push button
Display	LCD
Trim Kit	N/A

### Technical Data

Outside Dimensions (W) X (D) X (H) mm	514 x 308 x 397
Net Weight	14.9kg
Warranty	1 year
EAN	4974019789644



### DID YOU KNOW?

Sharp invented the first carousel microwave in 1962