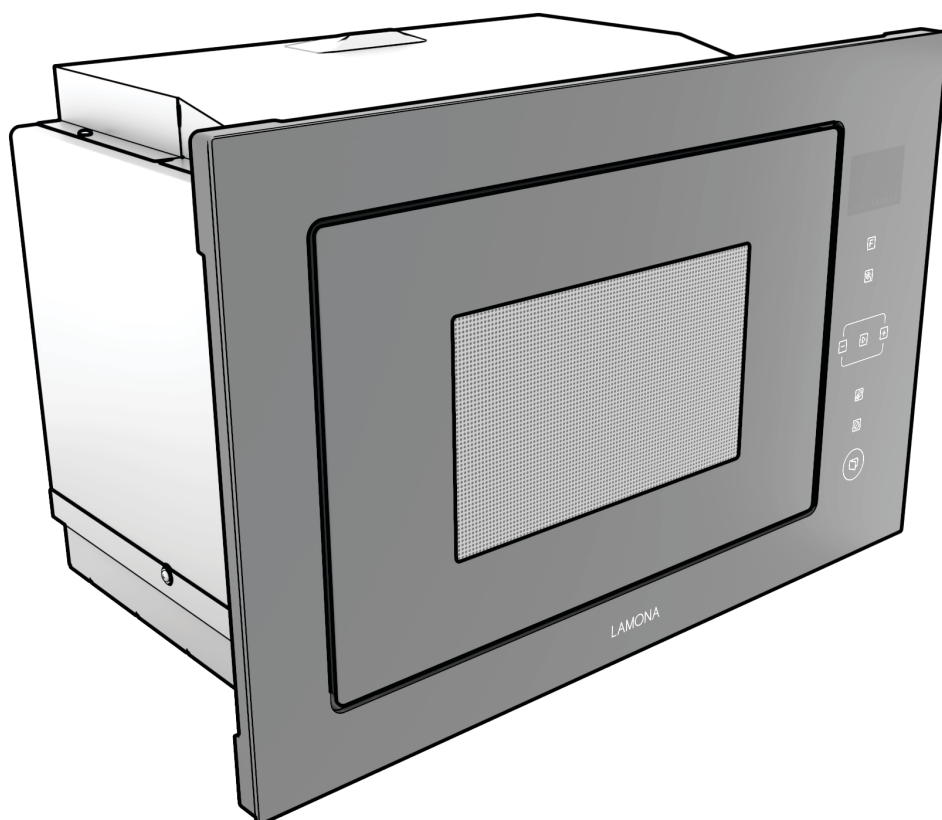


LAMONA

at the heart of the kitchen

Integrated Microwave Oven and Grill (388mm)

LAM7302



User Instructions and Installation

ISSUE v1.0 040925

Register ✓
my appliance

www.howdens.com/appliance-registration



Free 3 year guarantee

Call now¹

Within the UK:

0333 010 0009

Within Republic of Ireland:

01525 5752

Alternatively, visit www.howdens.com/appliance-registration

LAMONA

**3 year guarantee available.
Register your appliance within 90 days²**

By registering your appliance and creating an account, we will keep you up to date with the latest product information and notify you immediately of any important product updates

¹Lines are open Monday to Friday 9am to 5pm. Calls will be charged at your local rate and may be recorded and monitored for training and quality purposes.

²So that in the event of an important product update, or recall, we can contact you.

Register 
my appliance

Welcome

Dear Customer

Congratulations on your choice of microwave/grill.

- Please read this user manual and any other documents supplied with this product before installing and using the appliance, for safe and easy operation.
- Please keep these instructions in a safe place for your future reference.
- If you have any questions, or if you are not sure about any information contained in this booklet please contact us - details at the end of these Instructions.
- This appliance is intended to be used in household and similar domestic applications, see guarantee page for definition of domestic use.
- Register your appliance.
- Always follow the safety instructions.

The CE & UKCA marks on this product, confirm compliance to all relevant UK & European safety, health & environmental requirements which are applicable in legislation for this product.

Contents

Welcome	p.3	Microwave Cooking	p.13
		Quick Start	p.13
Warnings and Cautions	p.4	General Microwave Cooking	p.14
Safety Information		Grill or Combination Cooking	p.15
Correct usage	p.5	Auto Menu	p.16
Child/vulnerable persons & pet safety	p.5	Defrost	p.17
Electrical safety	p.5	Defrost by weight	p.17
Transportation safety	p.6	Defrost by time	p.17
Installation safety	p.6	Multi-stage Cooking	p.18
Safety during Use	p.6	Enquiry Function	p.19
Accessory use	p.7	Child Lock	p.19
Avoiding microwave exposure	p.7	Care and Maintenance	p.20
Risk of damage to the appliance	p.7	General cleaning information	p.20
Maintenance and cleaning safety	p.7	Care when using cleaning products	p.20
Microwave cooking. A general guide	p.8	Cleaning the cooking compartment	p.20
Defrosting meat, poultry and fish	p.8	Cleaning the door & contact surfaces	p.20
Defrosting butter or portions of gateau	p.8	Cleaning the accessories	p.20
Defrosting fruit or vegetables	p.8	Cleaning glass surfaces	p.21
Ready meals	p.8	Plastic parts and painted surfaces	p.21
Cookware you can use in the microwave	p.9	Utensils test	p.21
Avoid using these materials when microwave cooking	p.9	Problem Solving Before Calling Aftersales	p.22
Microwave and accessories	p.10	Waste Regulation & Caring for the Environment	p.23
Turntable Installation	p.10	Technical Specifications	p.24
Control Panel, Touch Keys and Indicators	p.11	Installation Safety Warnings	p.25
Before first use	p.11	References, Tools and Fixings Required	p.25
First time use	p.12	Installation	p.26
Setting the clock	p.12	Guarantee	p.30
Power Settings	p.13		

Warnings and Cautions

Throughout this manual the following symbols are used:

	Warning for serious injury or death risk.		Warning for injury or property damage risk.
	Warning for risk of fire / flammable materials.		Warning for electric shock.
	Warning for hot surfaces. Surface temperature may rise above 60°C.		Important / note for operating the system correctly.
	General information.		



Please read these instructions carefully. See page 23 for energy saving suggestions.

- This section contains instructions that will help prevent risks of personal injury or material damage.
- The manufacturer is not responsible if an incorrect installation and use causes injuries and/or damage.
- Always keep the instructions with the oven for future reference.
- If the product is transferred to another person or used second hand, the operating manual, product labels and other relevant documents and accessories should be delivered with the product.
- Failure to comply with these instructions shall render any warranty void.



Installation and repairs

- This appliance is intended for built in use only. It is not intended for counter-top use or for use inside a cupboard.
- Only a suitably qualified person must install this appliance or repair the mains power cable.
- It is hazardous for anyone other than a qualified or competent person to carry out any service or repair that involves removal of a cover which gives protection against exposure to microwave energy.
- Any repair work must be carried out by the manufacturer, an authorised service agent or a suitably qualified person.
- Only use genuine spare parts and accessories.
- Do not attempt to repair or replace any part of this product unless instructed to in this manual.
- Do not perform technical modifications on the product.

Safety Information

Correct usage

This microwave should not be used for outdoor or commercial use.

Your **Lamona** product is designed to be built-in and for domestic household use only, such as:

- Staff kitchen areas in shops, offices and other working environments.
- Farm houses and by clients in hotels, motels and other residential type environments.
- Bed and breakfast type environments.
- Catering and similar non-retail applications.
- Do not use this oven near water, e.g. swimming pools. Or in gardens, or other outdoor environments.
- Do not use the oven for any storage purposes.



This appliance should be used for heating food and beverages only.

- Do not use this appliance for drying non-food items such as clothing, warming pads, slippers, damp cloths etc. There is a risk of ignition, fire and injury.
- Do not use the microwave function to preheat oven.
- This product is intended for built-in use only. Do not use on a counter top or inside a cupboard.



Child / vulnerable persons & pet safety

- This product can be used by children of 8 years and older, and by people who are under-developed in physical, sensory or mental skills or lack experience and knowledge, as long as they are supervised or trained about safe usage and related hazards. Children under 3 must be kept away from the appliance at all times when in operation.
- Children should not play with the product. Cleaning and user maintenance should not be performed by children, unless under supervision.
- Children should be supervised to ensure they do not play with the oven.
- Keep children /pets away when the appliance is in operation

- Do not put objects that children may try to reach on or near the product.
- **WARNING:** During use, accessible surfaces of the oven are hot. Keep children away from the appliance during cooking.
- Keep the packaging and materials out of the reach of children. There is a hazard of injury and suffocation. Dispose of it appropriately.
- When the door is open, do not put any heavy objects on it, or allow children to swing on it. This may damage the door hinges.
- For the safety of children, disconnect the power cable and make the oven inoperable before disposing of the appliance.



Electrical safety

- The installation must allow for easy isolation of the appliance from the electrical supply, by use of an isolation device .
- The product is fitted with a power cable, containing an earth wire and earthed plug. Only connect to a properly installed, earthed socket.
- Consult a qualified electrician if earthing instructions are not understood or if doubt exists as to whether the appliance is properly earthed.
- Do not plug into an outlet that is not properly earthed.
- In the event of an electrical short circuit, earthing reduces the risk of electric shock by providing an escape wire for the electric current.
- The earthed power outlet must meet the voltage and frequency values specified on the type label.
- Do not plug the appliance into an outlet that is; loose, broken, dirty, oily, or at risk of water ingress (e.g. water that may leak from a counter).
- The product must not be plugged into the outlet during installation or repair.
- Touching internal components can cause serious injury or death never remove the shock protection outer cabinet of this appliance. Improper earthing can result in electric shock.

Safety Instructions (continued)

- Never touch electrical connections with wet hands!
- Do not pull on the power cable.
- Do not trap the power cable in any way. It should not be bent or crushed and must not come into contact with any heated surfaces. This may cause the appliance to short circuit and catch fire as a result of the cable melting.
- Use the original cable only. Do not use a cut or damaged cable.
- If power cable or plug is damaged, it must be replaced by the manufacturer, or an authorised service agent in order to prevent shock/fire hazards.
- **Do not** use this oven with adapters, multi-way strips, extension leads, external timers, or remote control systems. Overloading may result in a risk of fire.
- **WARNING:** The oven light must only be replaced by either a service agent or suitably qualified person.

Transportation safety

- The product is heavy, carry the product with at least two people.
- Do not use the oven door to lift, transport or move the product. Excess stress may cause damage.
- Do not put other items on the product and carry the product upright.
- When transporting the product, wrap it with bubble wrap packaging material or thick cardboard and tape it tightly. Secure the product tightly with tape to prevent the removable or moving parts of the product from being damaged.
- After transporting, check the overall appearance of the product for any damage that may have occurred during transportation.

Installation safety

- Install /locate this appliance using the installation instructions in this user and installation manual.
- Before installing, check the product for any damage. If the product is damaged, do not install it.
- Do not run the product power cable near or on heat sources (hobs, radiators, stoves etc.).
- Keep all ventilation ducts clear around the product.

- To prevent overheating, the product should not be installed behind decorating doors.

Safety during use

- Do not operate a defective or damaged product. If there is any damage; disconnect the electrical supply to the product and call the authorised service.
- If smoke is emitted, switch off or unplug the appliance and keep the door closed in order to stifle any flames.
- Do not use the product if the front door glass / is cracked or broken.
- Do not use the product in situations where your judgement is affected, such as drug intake and / or alcohol use.
- Do not put flammable products or items that are wet with flammable products, in, near, or on the appliance.
- Do not operate the oven with no food inside it.
- Do not operate with wet hands, or if the appliance has been in contact with water.
- If appliance is mounted at height, take care when removing cookware, especially with liquids.
- Hot air/steam may be released when opening the door. Take care.
- Open the appliance door carefully. The use of ingredients with alcohol can cause the mixture of alcohol and air to ignite.
- Do not apply pressure on the door when open.
- Make sure the ventilation openings are not blocked.
- Metal items put inside the cavity can create electric arcing. Remove foil packaging before heating.
- Metallic containers for food and beverages must not be used for microwave cooking. (This requirement is not applicable if the manufacturer specifies size and shape of metallic containers suitable for microwave cooking).
- Remove wire twist-ties & metal handles from paper/ plastic containers before placing in the oven.
- Do not heat liquids and other foods in sealed containers. The container may burst or explode.

- When heating food in plastic containers, keep an eye on the oven due to the possibility of ignition.
- Do not let sparks or open flames come into contact with the appliance when you open the door.
- Do not leave unattended during operation.
- The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns.
- Microwave heating of beverages can result in delayed eruptive boiling. Care must be taken when handling the liquid's container.
- Eggs in their shell and whole hard-boiled eggs should not be heated in the appliance since they may explode, even after microwave heating has ended.
- If possible, stir the food before serving.
- The appliance is equipped with an electric cooling system. Do not power off immediately after cooking.
- Do not leave moist food in the oven after cooking has finished.

Accessory use

- It is important that the wire grill and tray are placed properly on the wire shelves. For detailed information, refer to the section "Using the Oven Accessories" on page 14.
- Only use accessories/utensils that are suitable for use with microwave ovens.
- Always use oven gloves when removing or inserting cookware.



Precautions to avoid possible exposure to excessive microwave energy.

- Do not operate the appliance with the door open. This can result in harmful exposure to microwave energy. It is important not to break or tamper with the door safety interlocks.
- Do not place any object between the oven front face and door or allow soiling or cleaning residue to accumulate on these closing, sealing surfaces.
- **WARNING:** If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.

- If the microwave is not maintained in a good state of cleanliness, its surfaces could be degraded and affect the lifespan of the appliance and lead to malfunction and exposure hazard.

Risk of damage to the appliance

- Do not use aluminium with microwave functions.
- Do not put water directly into the hot appliance.
- Do not keep moist dishes and food in the appliance after you finish cooking.
- Take care when you remove or install the appliance accessories.
- Discolouration of the enamel or stainless steel has no effect on the performance of the appliance.

Maintenance and cleaning safety

- The appliance should be cleaned regularly and any food deposits removed immediately after cooking.
- Only a qualified person can carry out any service or repair operation that involves the removal of a cover giving protection against exposure to microwave energy.
- Before carrying out any maintenance, disconnect the appliance from the power supply.
- Wait for the product to cool before cleaning the product. Hot surfaces may cause burns!
- Never wash the product by spraying or pouring water on it! There is an electrical shock hazard!
- If the lamp fails or the mains power supply cable is damaged, it must be replaced by the manufacturer, its Authorised Service Centre or similarly qualified persons to avoid an electrical hazard.
- If the door or door seals are damaged, the appliance must not be operated until it has been repaired by a qualified person.
- If you do not use the product for a long time, disconnect it or turn off the fuse at the fuse box.

Microwave cooking

A general guide

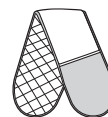
 **WARNING:** Do not let the appliance operate when there is no food in it.

- Put the food on a plate on the turntable, unless specified differently.
- Where possible, cook food covered with a material suitable for microwave use. Only cook food without a cover if you want to keep a crust.
- After cooking, let the food stand for some time.
- Always check that the inside of the food is cooked sufficiently.
- If possible, always stir the food before serving.
- Do not overcook dishes by setting the power and time too high. The food can dry out, burn or possibly catch fire.
- Do not use the appliance to cook eggs in their shells, because they can burst. With fried eggs, pierce the yolks first.
- Pierce skin or peel potatoes, tomatoes, sausages and similar types of food with a fork in several places before cooking so that the food does not

burst open.

- For chilled and frozen food, set a longer cooking time at a lower power.
- Dishes that contain a sauce must be stirred from time to time.
- Turn larger pieces of food over after half the cooking time.
- If possible, cut vegetables into smaller-sized pieces.
- Use flat, wide dishes
- Use microwave safe cookware. Do not use cookware made of porcelain, ceramic, or earthenware with unglazed bottoms, or small holes, e.g. on handles. Moisture going into the holes can cause the cookware to crack and get very hot when it is cooked.

 **WARNING:** Plates, bowls and cookware may become very hot after heating. Use oven gloves.



Defrosting meat, poultry and fish

- Put the frozen, unwrapped food on a small upturned plate with a container below it, or on a defrosting rack or plastic sieve so that the defrosting liquid can run off.
- Turn the food after half the defrosting time. If possible, divide and then remove the pieces that have started to defrost.

Defrosting butter or portions of gâteau

- Do not fully defrost in the appliance, but let them defrost completely at room temperature. This gives a more even result. Remove all metal or aluminium packaging or parts before defrosting.

Defrosting fruit or vegetables

- If fruit and vegetables are not to be cooked completely, do not defrost them fully in the appliance but let them defrost completely at room temperature.
- To cook fruit and vegetables without defrosting them first, you can use a high microwave power.

Ready Meals

- Ready meals in metal packaging or plastic trays with metal covers can only be defrosted or heated in the microwave if they are expressly designated as suitable for use in the microwave.
- You must follow the manufacturer's instructions printed on the packaging (e.g. remove metal cover and pierce the plastic film).

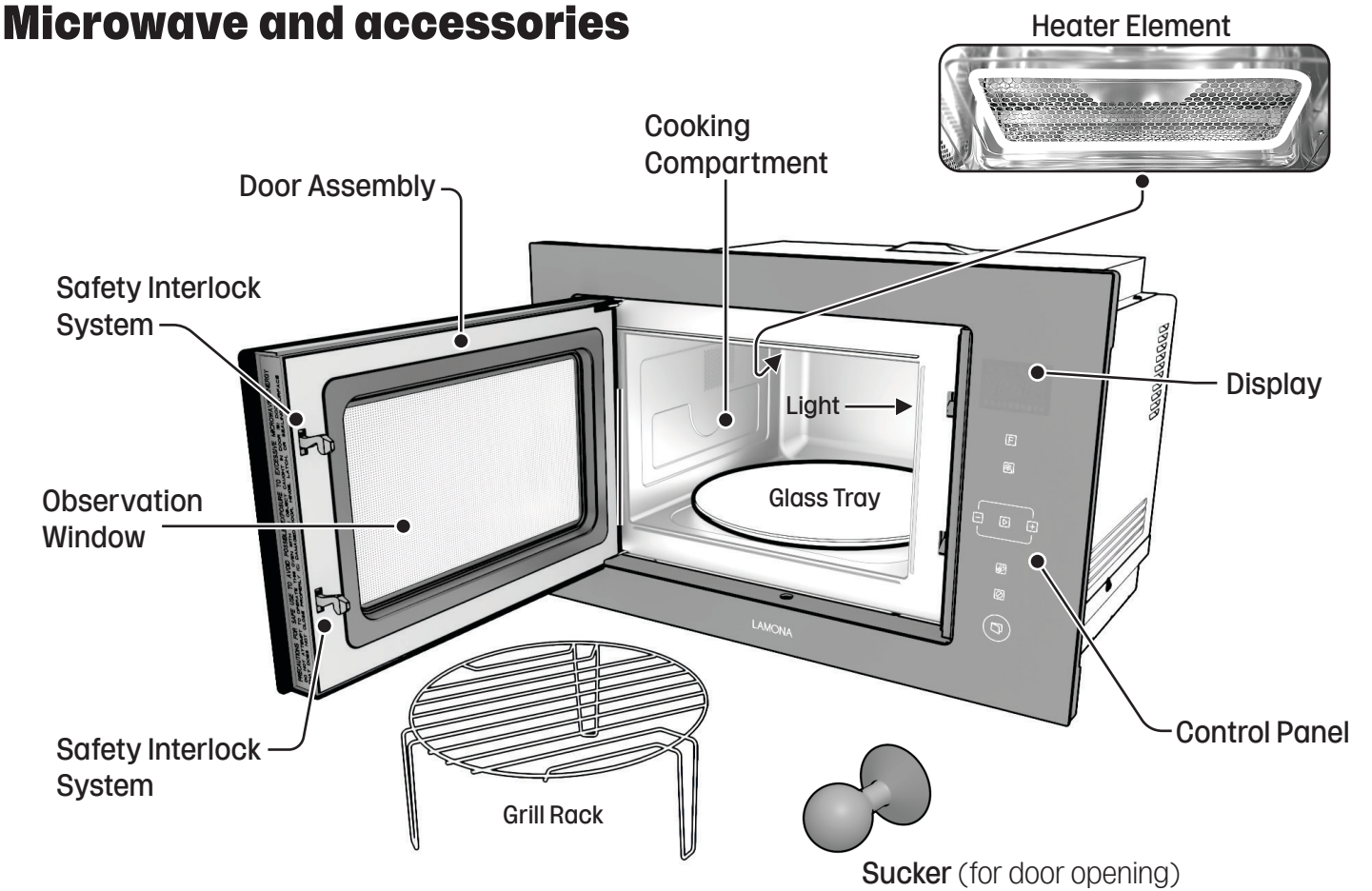
Cookware you can use in the microwave ✓

Utensils	Remarks
Browning dish	Follow manufacturer's instructions. The bottom of a browning dish must be at least 3/16 inch (5mm) above the turntable. Incorrect usage may cause the turntable to break.
Dinnerware	Use microwave-safe cookware only. Follow the manufacturer's instructions. Do not use cracked or chipped dishes.
Glass jars	Always remove the lid. Use only to heat food until just warm. Most glass jars are not heat resistant and may break.
Glassware	Use heat-resistant oven glassware only. Make sure there is no metallic trim. Do not use cracked or chipped dishes.
Oven cooking bags	Follow manufacturer's instructions. Do not close with metal tie. Make slits to allow steam to escape.
Paper plates/cups	Use these for short-term cooking/warming only. Do not leave oven unattended while cooking.
Paper towels	Use to cover food for reheating and absorbing fat. Use with supervision for short-term cooking only.
Parchment paper	Use as a cover to prevent splattering or a wrap for steaming.
Plastic	Microwave-safe only. Follow the manufacturer's instructions. These should be labelled "Microwave Safe". Some plastic containers soften as the food inside gets hotter. "Boiling bags" and tightly closed plastic bags should be slit, pierced or vented as directed by the product instructions.
Plastic wrap	Microwave-safe only. Use to cover food during cooking to retain moisture. Do not allow the plastic wrap to touch food.
Thermometers	Use microwave-safe thermometers only.
Wax paper	Use as a cover to prevent splattering and retain moisture.

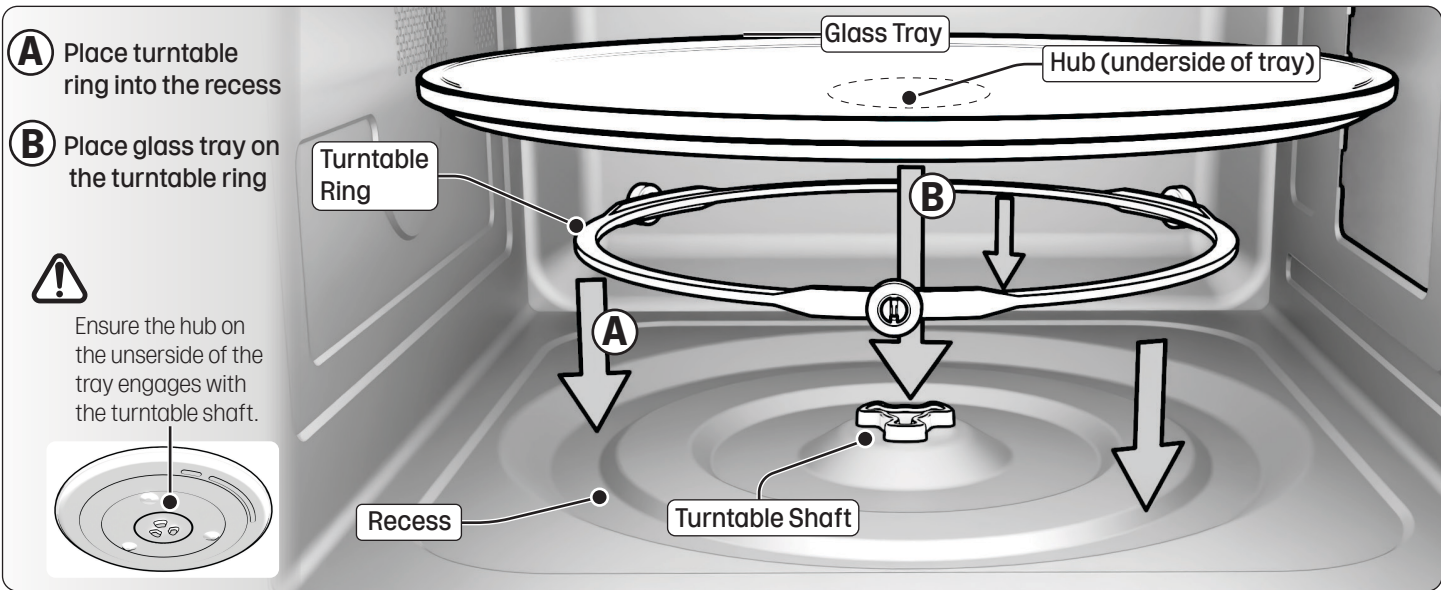
Avoid using these materials when microwave cooking ✗

Utensils	Remarks
Aluminium tray /foil	May cause arcing. Transfer food into a microwave-safe dish.
Food carton with metal handle	May cause arcing. Transfer food into a microwave-safe dish.
Metal or metal-trimmed utensils	Metal, shields the food from microwave energy. Metal trim may cause arcing.
Metal twist ties	May cause arcing and could cause a fire in the oven.
Paper bags	May ignite and start a fire in the oven.
Plastic foam	Plastic foam may melt or contaminate the liquid inside when exposed to high temperature.
Wood	Wood will dry out when used in the microwave oven and may split or crack.

Microwave and accessories

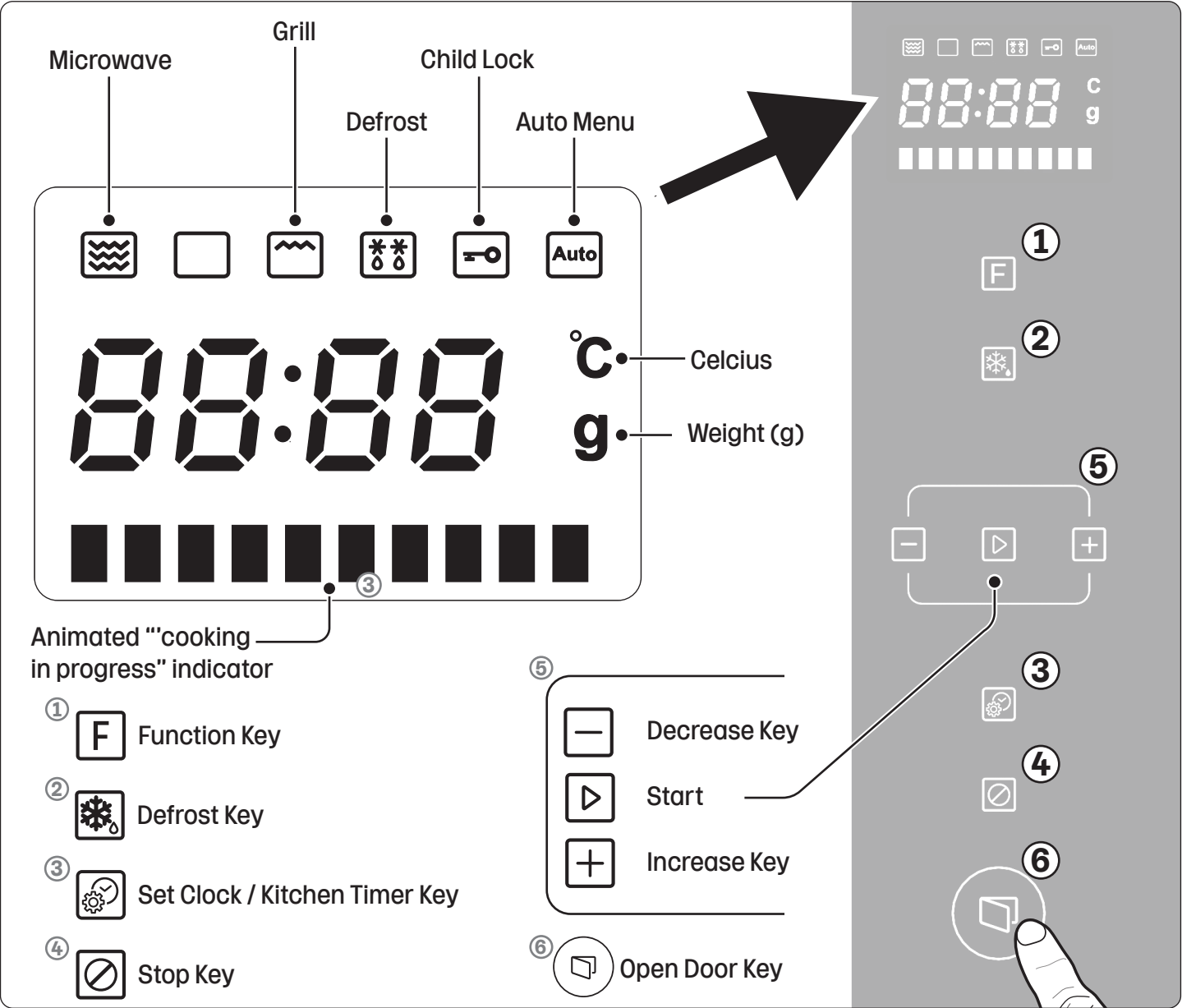


Turntable Installation



- Never place the glass tray upside down.
- Both glass tray and turntable ring assembly must always be used during cooking.
- All food and food containers must be placed on the glass tray for cooking.
- Never restrict the movement of the turntable.
- If the glass tray or turntable ring cracks or breaks, contact your nearest authorised service centre.

Control Panel, Touch keys and Indicators



 A tone will sound on successful press of a touch key. If the touch keys do not respond effectively, ensure your hands are clean and the control panel surface clean and dry.

Before first use

 Please read the safety information on pages at the front of this booklet.

 Check for any damage. Do not use a damaged appliance.

 Before using the microwave for the first time, please clean the cooking compartment and accessories and. Ensure that all packaging material has been removed.

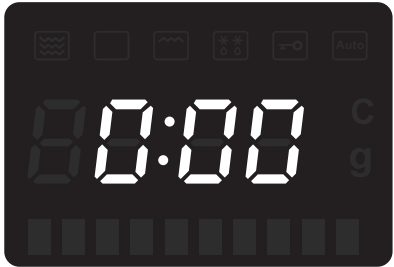
 Ensure the turntable ring and glass tray are placed on the turntable shaft correctly.

First time use

⌚ Setting the clock

-  Always set the time of day before using your appliance.
-  The clock can be adjusted at any time. If the clock is not set, the clock will not function when powered on. When setting the clock, if you touch  (stop), the oven will revert to its previous state.

On receiving mains power, the appliance display will show 0:00 and a tone will sound.

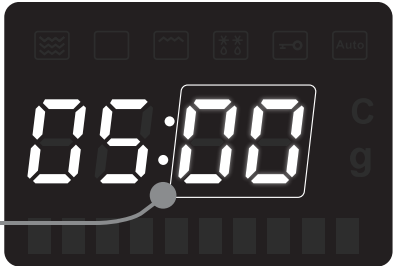


The following example shows the clock being set to 05:10.

- ① Touch  twice. The hours field will flash.



- ② Touch  or  to set the hour.



- ③ Touch  again, the minutes field will flash.

- ④ Touch  or  to set the minutes.



- ⑤ Touch  to store the set time.

":" will begin flashing as the clock starts.



Power Settings

Presets for microwave and combination cooking

Touching the **F** key cycles through the available power settings, grill and combination modes.

Order	Control Panel Displays	Microwave Power	Grill Power
1 - Microwave	 P100	100%	–
2 - Microwave	 P80	80%	–
3 - Microwave	 P50	50%	–
4 - Microwave	 P30	30%	–
5 - Microwave	 P10	10%	–
6 - Grill	 G	0%	100%
7 - Combination	  C-1	55%	45%
8 - Combination	  C-2	36%	64%

Microwave Cooking

Quick Start

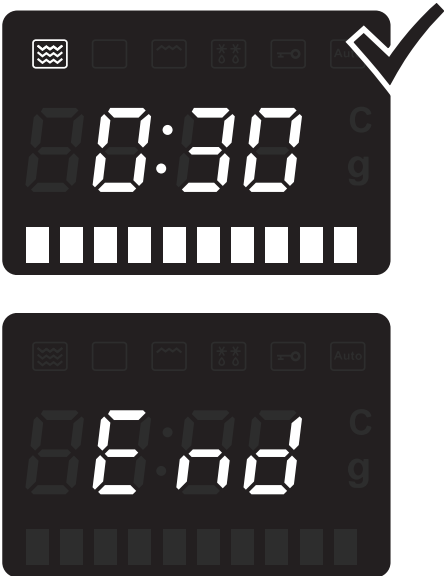
 You can quickly start cooking easily using the quick start function. The appliance must be in waiting state.

- ① Touch  to start cooking at 100% microwave power.
- ② Each successive touch of  will add 30 seconds cooking time, up to 95 minutes. The microwave starts cooking immediately.

 After the cooking time elapses, END is displayed, and an alert sounds 5 times to tell you that cooking has finished.

Touching  during cooking will stop operation. Touching  again will continue cooking for the remaining Quick Start time.

 If the door is opened at any time, cooking will stop.  must be pressed to continue cooking.



 General Microwave Cooking

A Select the microwave power setting

- ① Use the **F** key to select the desired power setting. Touching repeatedly will cycle through the available power settings. See table on page 13.

② Touch **▶** to confirm the power setting.
- i** See table on page 13 for power settings.

B Set the cooking time and start cooking

- ③ Use the **−** **+** keys to set a cooking time from 0:05 to 95:00 minutes.

④ Touch **▶** to start cooking.
- i** Once a program is set, if start is not pressed in 1 minute, the current time is displayed and the program is cancelled.

Example: Cooking at 80% microwave power for 5 minutes

- ① Touch **F**. P100 flashes. The microwave indicator is displayed 

② Touch **F** again. P80 flashes.

③ Touch **▶** to confirm the power setting. The display stops flashing.

④ Use **−** **+** keys to set the cooking time to 5:00 minutes.

⑤ Touch **▶** to start cooking.  starts flashing and the cooking in progress bar is displayed and the cooking time counts down.



Time steps when using − + to set the cooking time	
0 – 1 min	5 seconds
1 – 5 min	10 seconds
5 – 10 min	30 seconds
10 – 30 min	1 minute
30 – 95 min	5 minutes

 Grill or **Combination Cooking**

A Select Grill or one of two Combination modes OR

- ① Use the  key to select the desired function. Touching repeatedly (or using  ) will cycle through the available power settings/functions. See table on page 13.
- ② Touch  to confirm the power setting.  See table on page 13 for power settings.

B Set the cooking time and start cooking

- ③ Use the   keys to set a cooking time from 0:05 to 95:00 minutes.
- ④ Touch  to start cooking.

Example: Cooking with 55% microwave power and 45% grill power (C - 1) for 10 minutes

- ① Touch  P100 flashes. The microwave indicator is displayed 



- ② Touch  repeatedly, or use   to cycle through the menu until C-1 (Combination 1) flashes on the display. Both microwave and grill indicators come on  

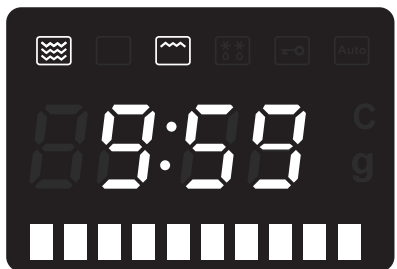


- ③ Touch  to confirm. (C-1 stops flashing).

- ④ Use   keys to set the cooking time to 10:00 minutes.



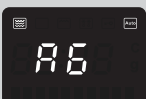
- ⑤ Touch  to start cooking.   symbols flash and the cooking in progress bar is displayed. The cooking time starts to count down.



 If half the grill time passes, an audio alert sounds twice. This is normal. For better results when grilling, turn the food over at this point, close the door and touch  to continue cooking. Cooking will continue automatically if the alert is ignored.

 Auto Menu

Cook food of a certain type and weight using Auto Menu. 8 Possible options are shown below.

Selection	Menu	Weight	Display
	Pizza	200g	200
		400g	400
	Meat	250g	250
		350g	350
		450g	450
	Vegetable	200g	200
		300g	300
		400g	400
	Pasta	50g (with 450g cold water)	50
		100g (with 800g cold water)	100
	Potato	200g	200
		200g	400
		600g	600
	Fish	250g	250
		350g	350
		450g	450
	Beverage	1 cup (120ml)	1
		2 cups (240mm)	2
		3 cups (360mm)	3
	Popcorn	50g	50
		100g	100

A Select a menu A1 to A8

- 1

Use   keys to select the desired menu. e.g. A6 (Fish). The menu item flashes.
- 2

Touch  to confirm. The selected menu item stops flashing.
- B**

Select a pre-set weight or number of cups (see table above).
- 3

Use   keys to select a pre-set weight. e.g. 350g (Fish)
- 4

Touch  to start cooking.  and  indicators flash. The cooking time counts down.

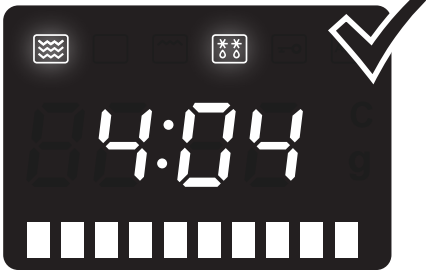
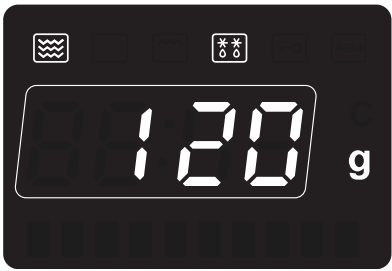
 Defrost

Defrost by weight (100 to 2000g)

① Touch  to select the defrost by weight function.

② Use   keys to set the food weight.

③ Touch  to start cooking.  and  indicators flash
The cooking in progress bar is displayed. The defrost time counts down.

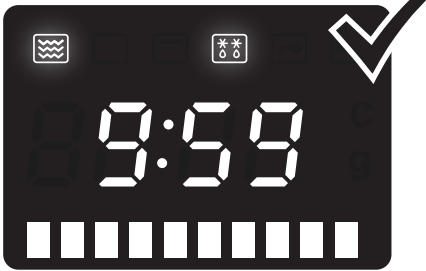
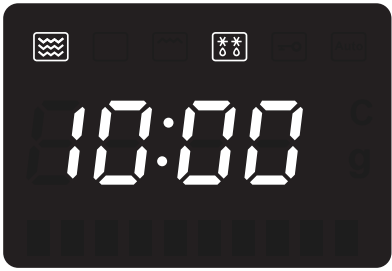
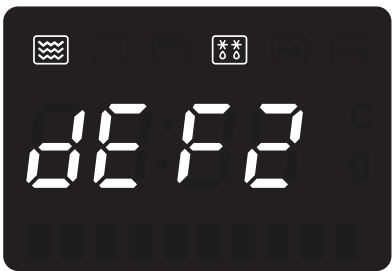


Defrost by time

① Touch  twice to select the defrost by time function.

② Use   keys to set a defrost time.

③ Touch  to start cooking.  and  indicators flash
The cooking in progress bar is displayed. The defrost time counts down.



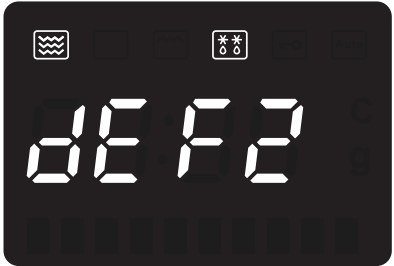
Multi-stage cooking

Use for cooking food in up to 2 stages

 During multi-stage cooking, if one stage is defrosting, this will be placed at the beginning of the cooking sequence.

The following example shows defrosting food for 5 minutes followed by cooking using 80% microwave power for 7 minutes.

① Touch  twice (defrost by time is shown on the display).



② Use   keys to set a defrost time of 5 minutes.



③ Touch  twice to set the microwave power to 80%.
You can also set the power using the   keys.



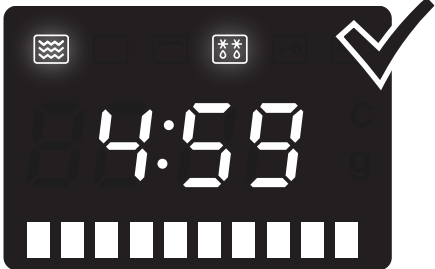
④ Touch  to confirm. The power setting stops flashing.



⑤ Use   keys to adjust the cooking time to 7 minutes.

⑥ Touch  to start cooking.

An alert tone will sound at the first stage of cooking (defrosting) and will sound again at the start of the second stage of cooking. When cooking finishes, the alert tone will sounds 5 times.



Enquiry Function

This function temporarily shows the current power setting or current time

 When using the microwave, grill and combination cooking, touching **F** will show the current **power setting**. This will be displayed for 3 seconds. After this time, the appliance will return to its previous state.

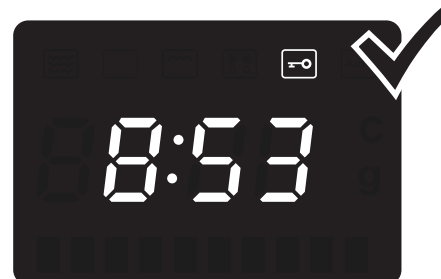
 When cooking, touching  will display the current time for 3 seconds. After this time the appliance will return to its previous state.

Child Lock

Use this function prevents use of the control panel and door opening.

To lock

In waiting state, touch and hold  for 3 seconds. An alert tone sounds, indicating that the lock is on. The lock child lock indicator is displayed along with the current time (if set) otherwise 00:00 is displayed.

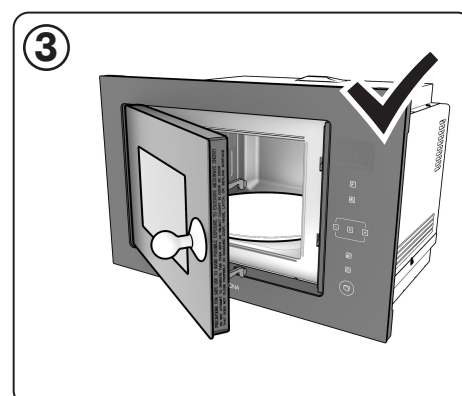
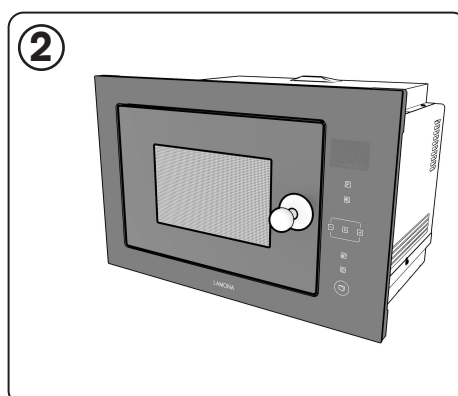
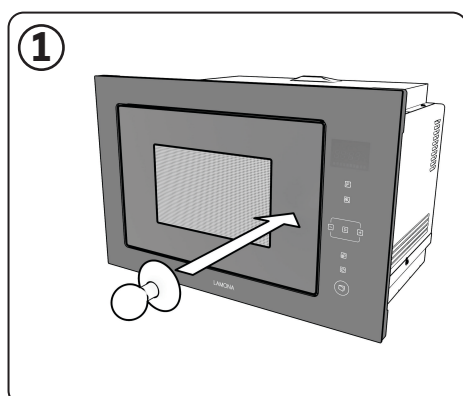
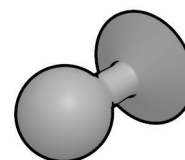


To unlock

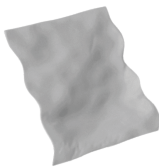
Touch and hold  for 3 seconds. An alert tone sounds, confirming that the appliance control panel is unlocked.



If necessary, the appliance door can still be opened manually. Use the supplied sucker.



Care and Maintenance



⚠️ General cleaning information

Turn the appliance OFF and disconnect it from the mains electricity supply. Wait for the microwave to cool before cleaning it. Hot surfaces may cause burns!

- The microwave should be cleaned and dried regularly. Food deposits should be removed immediately after cooking.
In doing so, food residues will be more easily cleaned. Residues will be prevented from burning when the appliance is used again.
- Leave the door open for a breif period after cooking to allow any condensation to evaporate.
- Regular cleaning will extend the life of the appliance and frequently faced problems will be decreased, reducing the possibility of malfunction.
- Do not use steam cleaning products for cleaning.

⚠️ Take care when using cleaning products

- Some detergents or cleaning agents may damage the appliance's surfaces. Do not use abrasive detergents, cleaning powders, cleaning creams, de-scalers or sharp objects during cleaning.
- There is no need for a special cleaning agent for cleaning after each use. Clean the appliance using dish soap, warm water and a soft cloth or sponge.
- Dry the oven with a dry microfibre cloth.
- Be sure to completely wipe off any remaining liquid after cleaning. Immediately clean any food residue that may remain after cooking.
- Do not wash any component of your oven in a dishwasher.

Cleaning the cooking compartment

- Clean the microwave cavity after each use. Remove the glass tray and turntable ring and clean using a slightly damp cloth. Do not use steel wool pads

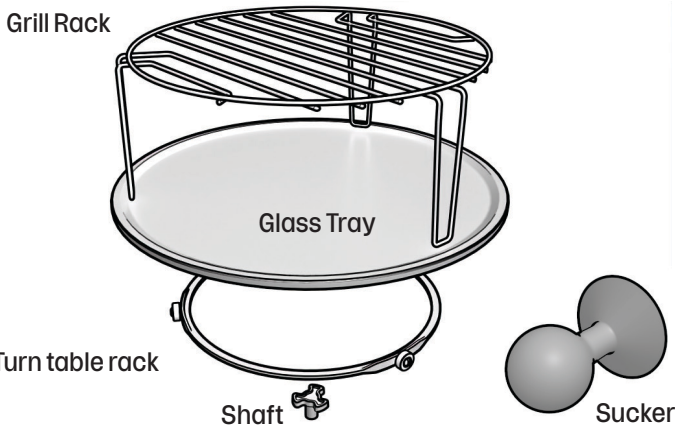
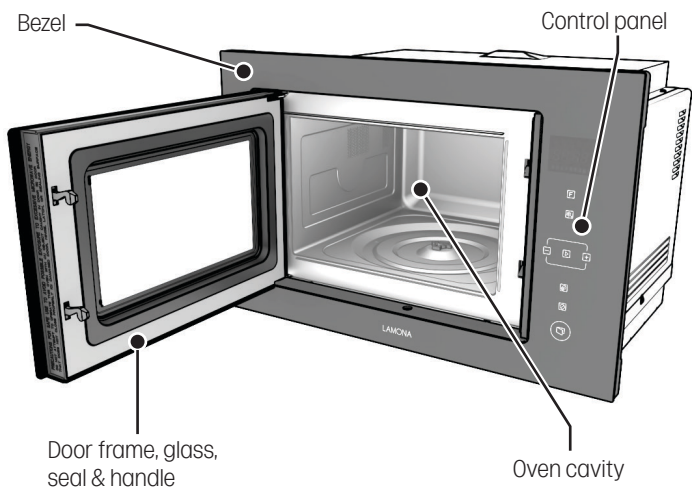
Cleaning the door & contact surfaces

- Clean the door frame, contact surfaces and neighbouring parts carefully with a damp cloth.

Cleaning the accessories

- Clean the microwave accessories in the usual way by removing them and cleaning using soapy water. Thoroughly dry before re-using.
- Remove the glass tray and turntable ring. Clean with soapy water.

⚠️ Do not wash the product accessories in a dishwasher.



Care and Maintenance (continued)

Cleaning glass surfaces



- When cleaning glass surfaces, do not use hard metal scrapers and abrasive cleaning materials. They can damage the glass surface.
- Clean the appliance using dish washing detergent, warm water and a microfibre cloth specific for glass surfaces and dry it with a dry microfibre cloth.
- If there is residual detergent after cleaning, wipe it with cold water and dry with a clean and dry microfibre cloth. Residual detergent residue may damage the glass surface.
- Under no circumstances should dried-up residue on the glass surface be cleaned off with serrated knives, wire wool or similar scratching or abrasive tools.
- You can remove calcium stains (yellow stains) on the glass surface with a commercially available de-scaling agent, or a de-scaling agent such as vinegar or lemon juice. 
- If the surface is heavily soiled, apply the cleaning agent on the stain with a sponge. You may have to wait a significant amount of time for it to work properly. Then, you should clean the glass surface with a wet cloth.
- Discolourations and stains on the glass surface are normal and are not defects.

Utensils test

See page 9 for information on microwave safe materials. If in doubt test the utensil using the procedure below.

- ① Fill a microwave safe container with 1 cup of cold water (250ml) along with the utensil in question.
- ② Cook for 1 minute at 100% microwave power



 **WARNING:** Do not exceed 1 minute cooking time.

- ③ Feel the utensil. If it is warm, DO NOT use it for microwave or combination cooking.

Plastic parts and painted surfaces

- Clean plastic parts and painted surfaces using dishwashing detergent, warm water and a soft cloth or sponge, then dry them with a dry cloth.
- Do not use hard metal scrapers and abrasive cleaners. It may damage the appliance surfaces.
- Ensure that the joints of the components of the appliance are not left damp or covered with detergent. This may cause corrosion to the parts.

Problem Solving Before Calling After-Sales Service

 Please read this checklist carefully before calling after sales service. If you still cannot remedy the problem after you have implemented the advice given in this section, contact the Lamona Service Line.
Never attempt to repair a defective product yourself.

During normal operation the following observations are normal	
When cooking, the microwave interferes with TV reception.	If the microwave is close to a radio or TV; reception may be impaired, this is normal.
The oven light is dim.	If cooking using a low power setting, the light may become dim. This is normal.
Steam is coming out of the vents . Condensation is also accumulating on the door.	During cooking steam can be generated. Most will be evacuated through the vents, though some may settle on a colder surface, such as the oven door. This is normal.

Problem	Possible Cause	Remedy
The microwave will not switch on.	The power cord is not plugged in tightly.	Unplug, then plug in again (after 10 seconds).
	The plug fuse has blown or the circuit breaker has tripped.	Replace the fuse or reset the circuit breaker (carried out by a competent qualified person).
	The power outlet is not supplying power.	Test the outlet with other electrical appliances e.g. a lamp.
The microwave is not heating properly.	The microwave door is not closing properly.	Make sure the door is closed and is sealing correctly.

 **WARNING:** If the door seals are damaged, the microwave must not be used until it is repaired by the service agent of a qualified competent person.

Waste Regulations and Caring for the Environment

Disposal of Old Product - WEEE Directive Compliance:

This product complies with the EU WEEE Directive (2012/19/EU) and bears a classification symbol for waste electrical and electronic equipment (WEEE).

Do not dispose of the waste product with normal domestic and other wastes at the end of its service life. Take it to the collection centre for the recycling of electrical and electronic equipment. Check with your local authorities to find out about these collection centres.

Appropriate disposal of used appliances helps prevent potential negative consequences for the environment and human health.

Disposal of Packaging Material and Packaging Information:



The packaging materials of the product are manufactured from recyclable materials in accordance with our National Environment Regulations. Do not dispose of the packaging materials with domestic or other wastes. Take them to the designated packaging material collection points provided by the local authority.

Recycling the packaging reduces the use of raw materials in the manufacturing process and reduces waste in landfill sites.

Compliance with RoHS Directive

The product you have purchased complies with EU RoHS Directive (2011/65/EU). It does not contain harmful and prohibited materials specified in the Directive.

Disposal of Old Appliance -

Electrical and electronic appliances often contain valuable materials and specific components that could be hazardous to human health and the environment if disposed of with household waste or handled incorrectly.

Do not dispose of your old appliance with your household waste. Instead, dispose of it at your local community waste collection/recycling centre for electrical and electronic appliances, or seek advice from your dealer or manufacturer (**Lamona**).

Before disposal, make sure to delete any personal data that may be stored on the appliance to protect your privacy and ensure your old appliance poses no risk to children while being stored prior to disposal.

By following these waste regulations and environmentally friendly practices, you can contribute to the responsible disposal and recycling of electrical and electronic products, promoting sustainability and protecting the environment.



Recommendations for Saving Energy



The following suggestions will help you use your product in an ecological and energy-efficient way:

- Defrost frozen food before cooking.
- In the oven, use dark or enamelled containers that transmit heat better.
- If specified in the recipe or user manual, always preheat. Do not open the oven door frequently during cooking.

Technical Specifications

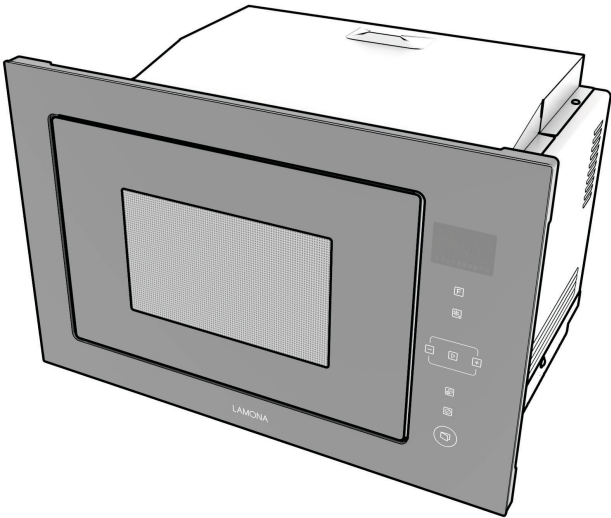
LAM7302 Integrated Microwave Oven and Grill

General Specifications	
Model	LAM7302
Rated Voltage	230V~50Hz
Rated Input Power (Microwave)	1450W Frequency 2450 MgHz
Fuse Rating	13A
Rated Output Power (Microwave)	900W
Rated Input Power (Grill)	1000W
Oven Capacity:	25L
Turntable Diameter	Ø315mm
External Dimensions	595x401x388mm
Net Weight:	Approx. 18.5Kg

Low Power Consumption Data: According to Commission Regulation (EU) 2023/826.		
Condition	Power Consumption	Period after which the equipment automatically reaches the condition.
Standby mode with information or status display	0.8W	20 minutes

NOTE:

- Technical specifications may be changed without prior notice to improve the quality of the product.
- Figures in this manual are schematic and may not exactly match your product.
- Values stated on the product labels or in the documentation accompanying it are obtained in laboratory conditions in accordance with relevant standards. Depending on operational and environmental conditions of the product, these values may vary.



Installation Safety Warnings



Two person lift.



Ensure packaging and transit protectors are removed.



DO NOT install a damaged appliance.



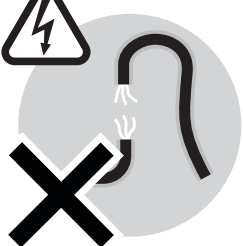
WARNING!
This appliance must be earthed.



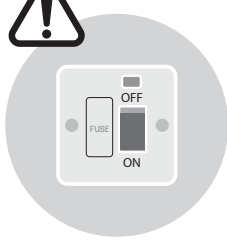
NOTE: If the electricity cable is damaged it must be replaced by a competent person.



Risk of injury:
Beware of metal edges. Use gloves when handling.



WARNING!
Do not use adapters or extend the power cable.

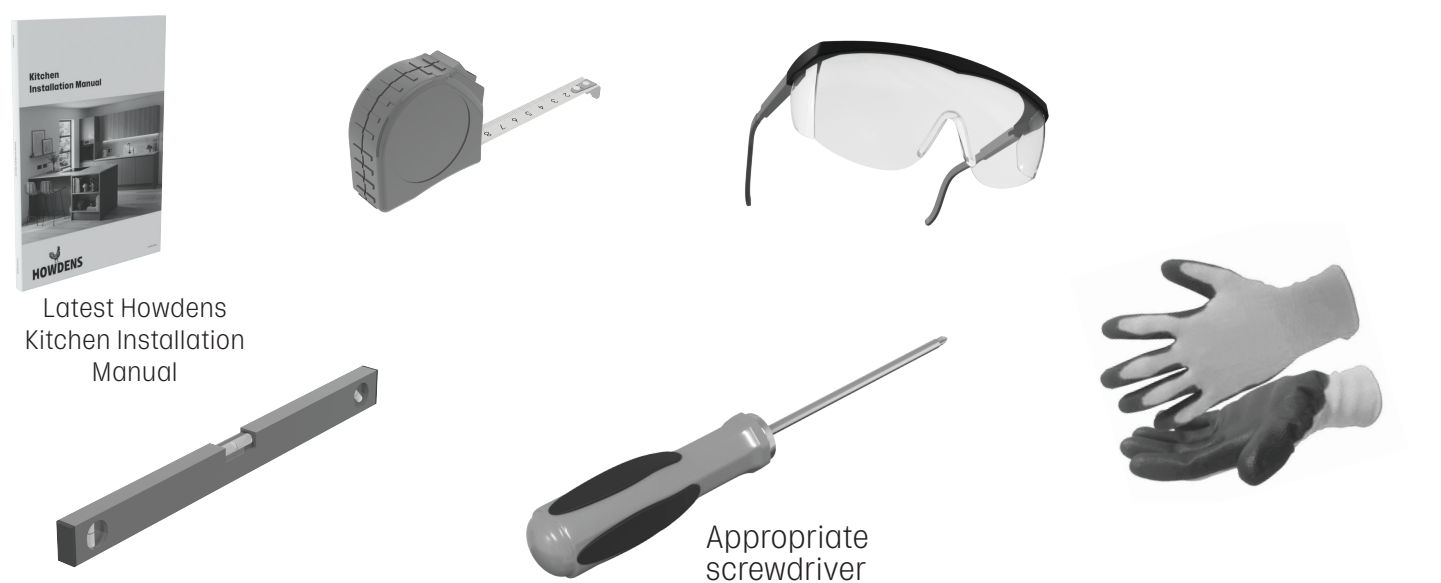


WARNING!
Isolation switch must be easy to access.

 **DO NOT BLOCK APPLIANCE VENTILATION SLOTS**

Reference and Tools Required

Tools required



Installation

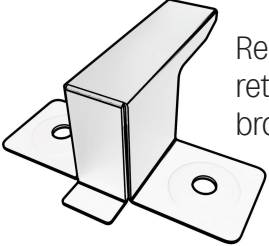
⚠ Before installing

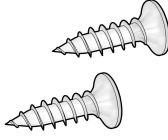
- **NOTE:**
Minimum installation height = 850mm from floor
- The cabinet must be levelled and have the rear panel removed behind the microwave. The service void must be maintained for ventilation.
- Remove all accessories before installing.
- The appliance must remain unplugged and isolated from electrical supply during installation.
- The microwave oven must be installed level.
- **Check that you have all the components and tools required before starting.**

Supplied Components

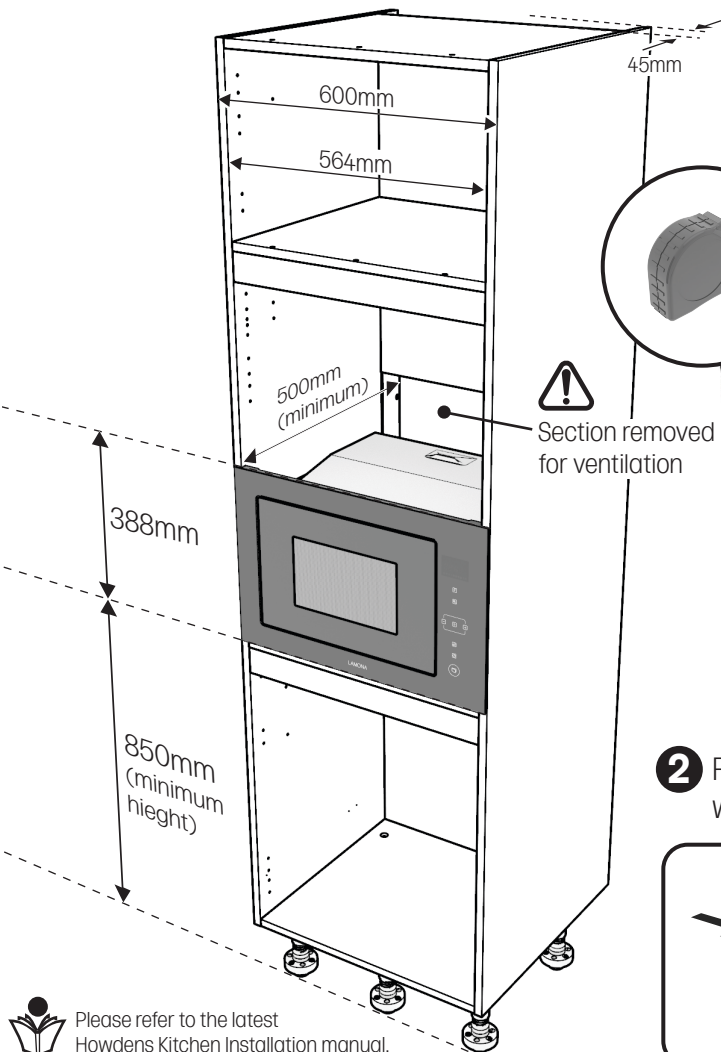
Cover cap

Front securing screw (B)

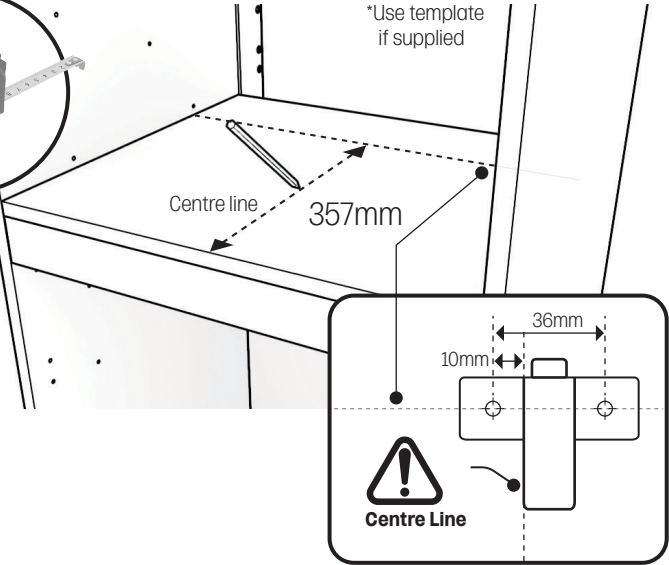
Rear retaining bracket

2x Bracket screws (A)

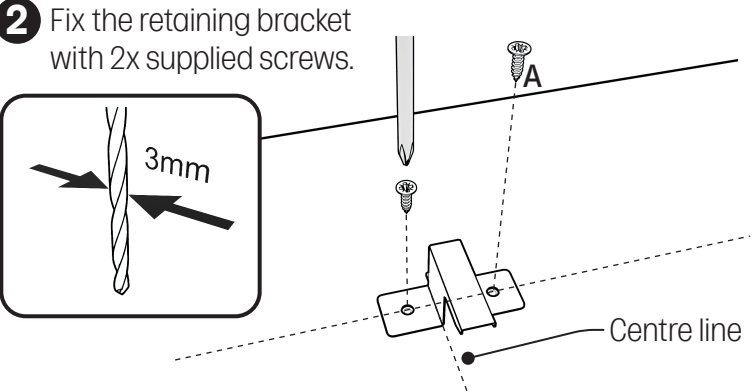
Tower cabinet installation (Shelf and fascias may need to be trimmed to suit)



1 Mark out the position for the rear retaining bracket.



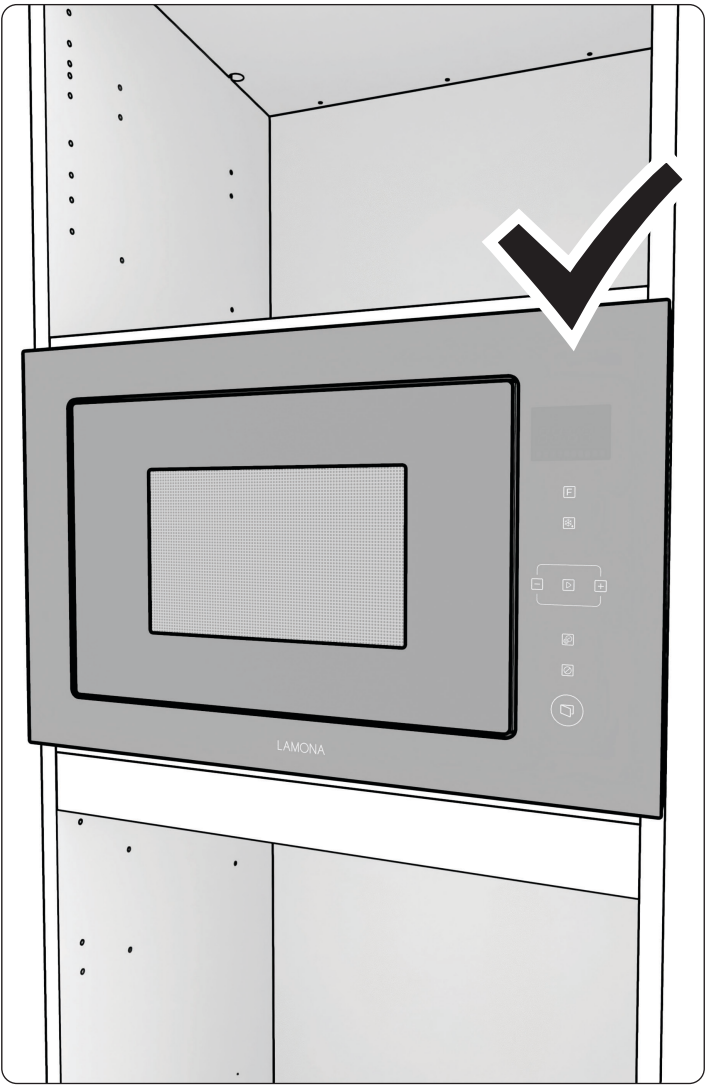
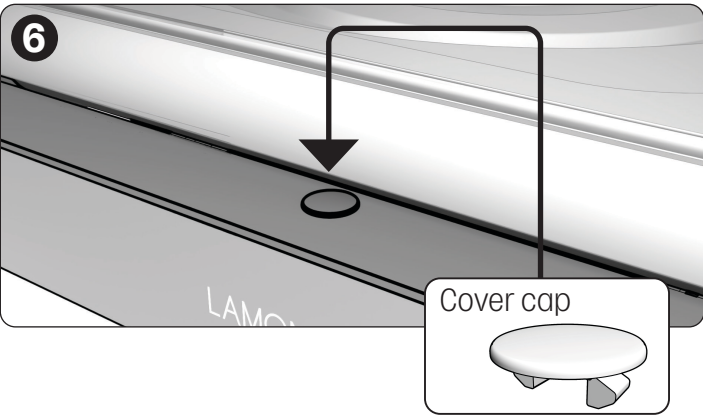
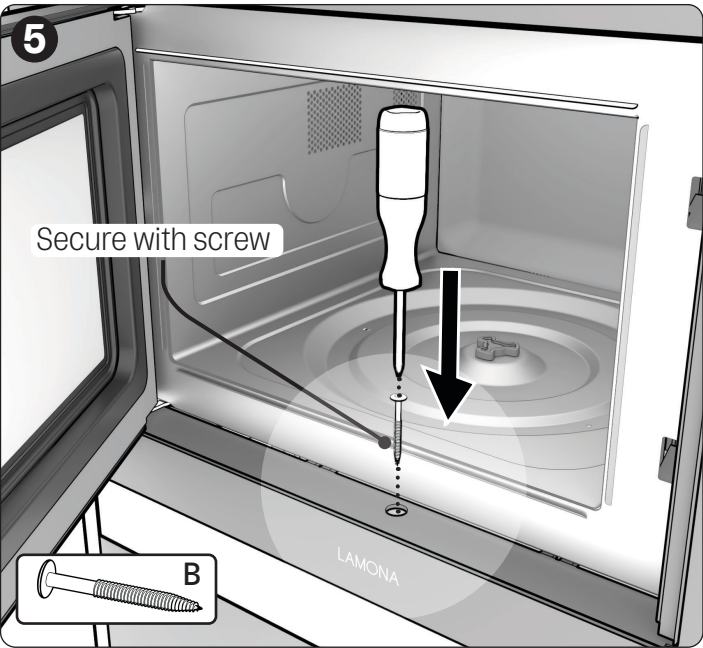
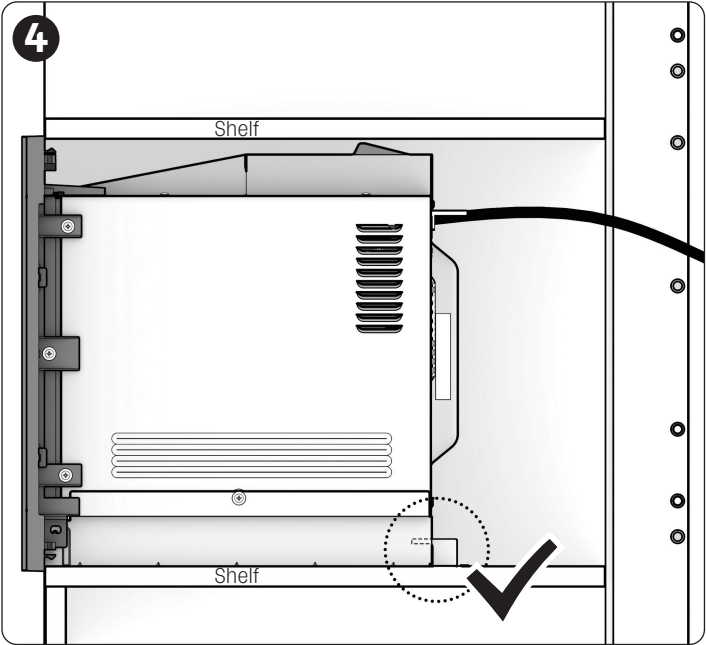
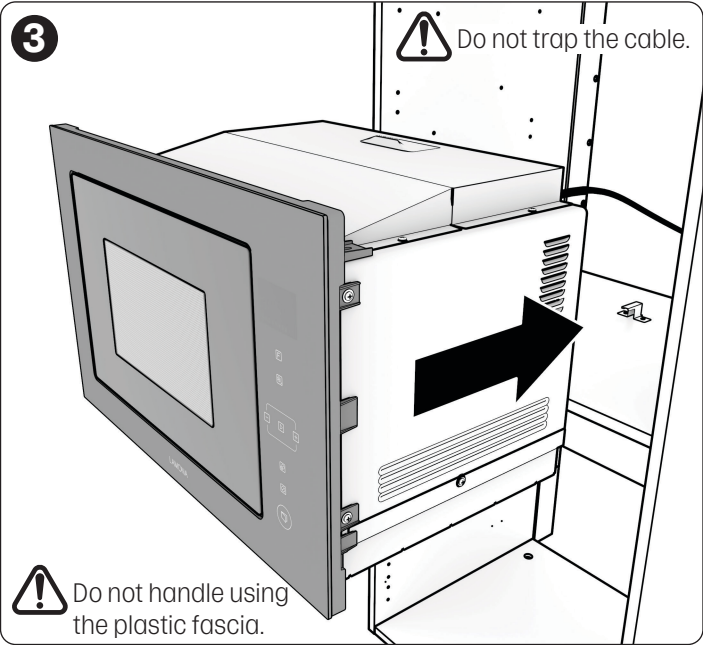
2 Fix the retaining bracket with 2x supplied screws.



 Please refer to the latest Howdens Kitchen Installation manual.

Installation (continued)

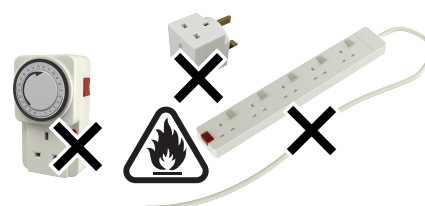
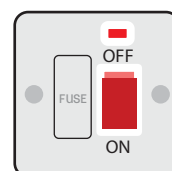
- Insert the oven into the cabinet. Make sure the back of the oven engages the mounting plate.
- If the fixing screw clashes with a cabinet screw; either replace shelf or fill screw hole to secure the microwave.



Electrical Connections

 **Do not power on until correctly installed.**

- Only connect the product to a earthed outlet/line with the voltage and protection as specified in the "Technical specifications". Have the earthing installation made by a qualified electrician while using the product with or without a transformer. The manufacturer shall not be liable for any problems arising due to the product not being earthed in accordance with the local regulations.
- Before starting any work on the electrical installation, ensure the product is disconnected from the mains supply. There is the risk of an electric shock!
- The product must only be connected to the mains supply by an authorised and qualified person. The product's warranty period starts only after correct installation. The manufacturer shall not be held responsible for damages arising from procedures carried out by unauthorised persons.
- The appliance must be installed so that it can be easily disconnected from the mains supply. The isolator switch must be easily accessible..
- Rear surface of the appliance gets hot when it is in use. Make sure that the electrical connection does not come into contact with the rear surface otherwise connections can be damaged.
- The power cable must not be clamped, bent or trapped or come into contact with hot parts of the oven. This may cause the oven to short circuit and catch fire as a result of the cable melting. If the cable is damaged, it must be replaced by a qualified electrician. Otherwise there is a risk of electric shock, short circuit or fire.
- When wiring, you must comply with national / local electrical regulations and use a socket outlet / line and plug suitable for the oven. If the power limits of the product exceed the current load capacity of the plug and socket outlet / line, you must connect the product directly to the fixed electrical installation without using the plug and socket outlet / line.
- Make sure that fuse rating is compatible with the appliance.
- Connection must comply with national regulations
- The mains supply data must correspond to the data specified on the rating label of the product.
- The power cable of your product must comply with the values given in the "Technical Specifications" on page 24 of this manual.



Connecting the power cable to the electrical supply

- A 13A fused plug is fitted to the appliance. It is recommended that the corresponding socket has double pole switching. If not, it is recommended to hard wire the appliance using a fused connection unit with 3mm switched contact separation, to the latest IEEE regulations.
- Additional protection by a residual current circuit breaker is recommended.

Electrical Connections (continued)

⚠ Do not power on until correctly installed.



IMPORTANT: The wires in the mains power cable are coloured in accordance with the code below:

As the colours of the wires in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your spur box, proceed as follows:

Terminology

- Connections labelled SUPPLY pertain to the internal house wiring.
- Connections labelled LOAD are for linking to the appliance.

The blue wire

Must be connected to the terminal which is marked with the letter '**N**' or coloured **BLACK **

**The green and Yellow wire **

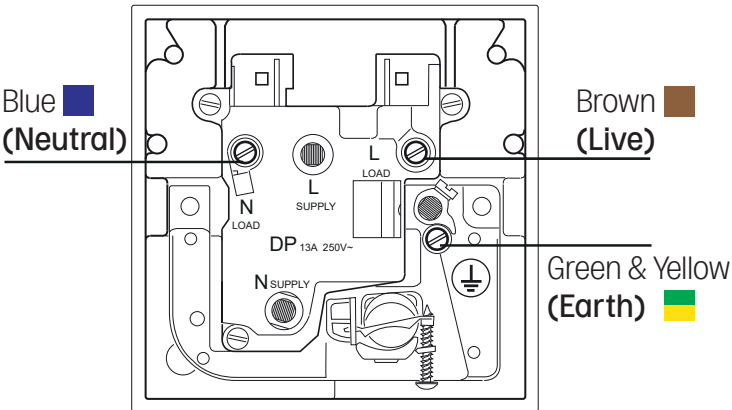
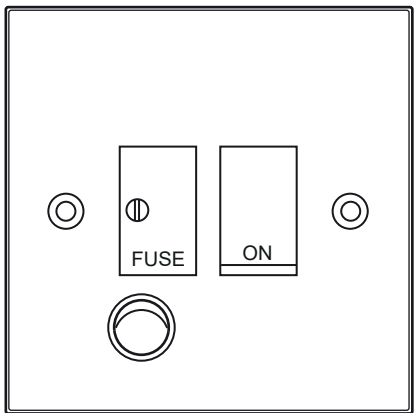
must be connected to the terminal which is marked with the letter '**E**' or  symbol.

The brown  wire must be connected to the terminal marked with the letter '**L**' or coloured **RED **



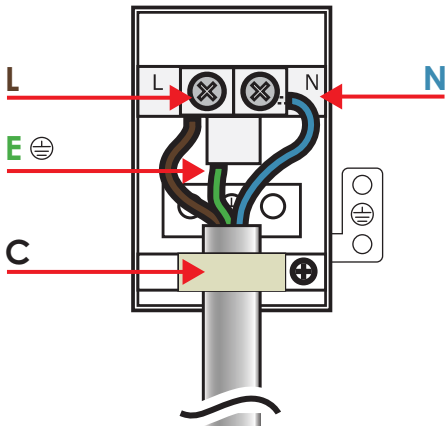
Ensure live connections are safely insulated.

Hardwired connection unit shown



Power cable connection to the appliance

- If the power cord is damaged, it must be replaced by a qualified electrician. Otherwise there is a risk of an electric shock, short circuit or fire!
- The power cable must be connected to the product by following these instructions. The power cable must not be longer than 2m for safety reasons.



Ensure live connections are safely insulated.


BROWN = L (Phase)


BLUE = N (Neutral)


GREEN / YELLOW = E (Ground)

Guarantee

Product Guarantee Details (UK & Republic of Ireland only)

Your appliance has the benefit of a comprehensive manufacturer's guarantee which covers the cost of breakdown repairs. (Details of which are shown on your Proof of Purchase Document).

- Any claim during the period of the guarantee **MUST BE ACCOMPANIED BY THE PROOF OF PURCHASE.**
- The product must be correctly installed and operated in accordance with the manufacturer's instructions and used for normal domestic purposes.
- This guarantee does not cover accidental damage, misuse or alterations which are likely to affect the product.
- The guarantee is invalid if the product is tampered with, or repaired by any unauthorised person.
(The guarantee in no way affects your statutory or legal right)

What to do if you need to report a problem.

Please ensure you have ready:

- The product's model and serial numbers.
- Howdens Proof of Purchase Document.
- Your full contact details.

Call the Depot number on your Proof of Purchase Document supplied with the product/kitchen.

Or

Call the LAMONA Service Line on:

Within UK 0344 460 0006

Within Republic of Ireland 01525 5703

* Product installed within a domestic kitchen or a non-domestic kitchen where 8 or fewer people are using the appliance.

Spare parts availability - 10 years

Only fit Genuine Spare Parts

www.lamonaspares.co.uk (UK only)

Where to find the model and serial number on the appliance.	On the rear of the oven.
---	--------------------------

Notes

Product serial number
(Place sticker here)

LAMONA



Product information correct at the time of publication in September 2025.
The company has a policy of continuous product development and reserves the right to change any products and specifications given in this manual. Subject to the Terms and Conditions of Trading, a copy of the Howdens Terms and Conditions is available upon request.
Copyright © 2025 Howden Joinery Ltd. All rights reserved.

Howden Joinery Ltd.
Thorpe Road, Howden, East Yorkshire. DN14 7PA England
Howdens Cuisines SAS. Z.A. du Bois Rigault Nord,
1 Rue Calmette, 62880 Vendin-le-Vieil, Cedex, France