

- Made with no preservatives
- Trans fat free
- Single and multi-serve options



We offer a full array of sandwiches and sandwich ingredients

Simply GOOD Fresh-made Sandwiches

Our SimplyGOOD™ fresh-made sandwiches are prepared fresh on a daily basis. We assemble all the ingredients from scratch with just the right proportions and then they are fresh-chilled and packaged immediately to retain optimum freshness.

All of our sandwiches are available on white or brown bread and in a variety of formats to best suit your needs.



Chicken Salad, White, Individual 7000
Packed 24 x 150 g Portions 24 x 150 g
Chicken Salad, Brown, Individual 7002
Packed 24 x 150 g Portions 24 x 150 g
Chicken Salad, White, Bulk 7025
Packed 4 x 900 g Portions 24 x 150 g
Chicken Salad, Brown, Bulk 7027
Packed 4 x 900 g Portions 24 x 150 g
Chicken Salad, Brown, Bulk 7027
Packed 4 x 900 g Portions 24 x 150 g
Chicken Salad, White, Individual 17000
Packed 12 x 150 g Portions 12 x 150 g
Chicken Salad, Brown, Individual 17002
Packed 12 x 150 g Portions 12 x 150 g



Egg Salad, White, Individual 7050
Packed 24 x 150 g Portions 24 x 150 g
Egg Salad, Brown, Individual 7052
Packed 24 x 150 g Portions 24 x 150 g
Egg Salad, White, Bulk 7075
Packed 4 x 900 g Portions 24 x 150 g
Egg Salad, Brown, Bulk 7077
Packed 4 x 900 g Portions 24 x 150 g
Egg Salad, White, Individual 17050
Packed 12 x 150 g Portions 12 x 150 g
Egg Salad, Brown, Individual 17052
Packed 12 x 150 g Portions 12 x 150 g



Salmon Salad, White, Individual 7150
Packed 24 x 150 g Portions 24 x 150 g
Salmon Salad, Brown, Individual 7152
Packed 24 x 150 g Portions 24 x 150 g
Salmon Salad, White, Bulk 7175
Packed 4 x 900 g Portions 24 x 150 g
Salmon Salad, Brown, Bulk 7177
Packed 4 x 900 g Portions 24 x 150 g
Salmon Salad, White, Individual 17150
Packed 12 x 150 g Portions 12 x 150 g
Salmon Salad, Brown, Individual 17152
Packed 12 x 150 g Portions 12 x 150 g



Packed 24 x 150 g Portions 24 x 150 g

Tuna Salad, Brown, Individual 7202

Packed 24 x 150 g Portions 24 x 150 g

Tuna Salad, White, Bulk 7225

Packed 4 x 900 g Portions 24 x 150 g

Tuna Salad, Brown, Bulk 7227

Packed 4 x 900 g Portions 24 x 150 g

Tuna Salad, White, Individual 17200

Packed 12 x 150 g Portions 12 x 150 g

Tuna Salad, Brown, Individual 17202

Packed 12 x 150 g Portions 12 x 150 g



Packed 24 x 125 g Portions 24 x 125 g
Roast Beef, Brown, Individual 7352
Packed 24 x 125 g Portions 24 x 125 g
Roast Beef, White, Bulk 7375
Packed 4 x 750 g Portions 24 x 125 g
Roast Beef, Brown, Bulk 7376
Packed 4 x 750 g Portions 24 x 125 g
Roast Beef, White, Individual 17350
Packed 12 x 125 g Portions 12 x 125 g
Roast Beef, Brown, Individual 17352
Packed 12 x 125 g Portions 12 x 125 g



Roast Turkey, White, Individual 7550
Packed 24 x 125 g Portions 24 x 125 g
Roast Turkey, Brown, Individual 7551
Packed 24 x 125 g Portions 24 x 125 g
Roast Turkey, White, Bulk 7575
Packed 4 x 750 g Portions 24 x 125 g
Roast Turkey, Brown, Buk 7576
Packed 4 x 750 g Portions 24 x 125 g
Roast Turkey, White, Individual 17550
Packed 12 x 125 g Portions 12 x 125 g
Roast Turkey, Brown, Individual 17551
Packed 12 x 125 g Portions 12 x 125 g



Ham Salad, White, Individual 7100 Packed 24 x 150 g Portions 24 x 150 g Ham Salad, Brown, Individual 7101 Packed 24 x 150 g Portions 24 x 150 g



Pre Grilled Cheese, White, Bulk 0260 Packed 1 x 2.52 kg Portions 24 x 105 g Pre Grilled Cheese, Brown, Bulk 0261 Packed 1 x 2.52 kg Portions 24 x 105 g

Fresh-Made Sandwich Fillings

Chicken Filling 2727
Packed 3 x 1.0 kg Portions 48 x 60 g
Egg Filling 2728
Packed 3 x 1.0 kg Portions 48 x 60 g
Salmon Filling 2737

Packed 3 x 1.0 kg Portions 48 x 60 g

Tuna Filling 2739
Packed 3 x 1.0 kg Portions 48 x 60 g
Ham Filling 2742
Packed 3 x 1.0 kg Portions 48 x 60 g

What matters most ...

You can take great comfort in knowing that we will always be focused on what matters most to you and your operation:

- Great tasting, nutritious food
- Expert support to help you succeed
- Innovation that drives performance



Healthcare Food Services 1010 Dairy Drive

Ottawa, Ontario K4A 3N3 1 613 834 3360

Customer service: Toll Free: 1 800 265 0353 Email info@gohfs.org

gohfs.org