

Classic & on-trend Specialty Meals that are sure to satisfy



- Multi and single serve options
- Flexible preparation methods
- Dairy-free options, no MSG
- Sides, ingredients and sauces

Simply **GOOD**TM Ethnic & Vegetarian

Authentic Tasting & Nutritionally Balanced Meal Solutions

Simply GOOD™ Ethnic & Vegetarian

Accommodating special diets can be a challenge. HFS has been on the leading edge of food trends to meet your needs with great tasting food that is convenient and easy to prepare. We also recognize the need for classic comfort foods with tastes from around the world. Let us help you achieve mealtime satisfaction.

Vegetarian Dishes

The need for a variety of great tasting vegetarian dishes has never been greater. These delightfully delicious dishes are also an economical alternative to provide protein considering the rising costs of meat.

Plant-based Protein is on-trend!

- Hearty and fulfilling - made with fresh and authentic ingredients
- Multi and single serve options
- Products to suit all vegetarian diets



Macaroni & Cheese, LS 0254
Packed 2 x 2.5 kg Portions 33 x 150 g
Macaroni & Cheese, LS, Individual 99257
Packed 12 x 185 g Portions 12 x 185 g



Macaroni & Cheese 0255
Packed 2 x 2.5 kg Portions 33 x 150 g
Macaroni & Cheese, Individual 99255
Packed 12 x 200 g Portions 12 x 200 g



Vegetable Chili 0581
Packed 2 x 2.5 kg Portions 25 x 200 g
Vegetable Chili, Individual 99381
Packed 8 x 265 g Portions 8 x 265 g



Vegetable Stew 0589
Packed 2 x 2.5 kg Portions 25 x 200 g



Curried Lentil & Sweet Potato 0596
Packed 2 x 2.6 kg Portions 26 x 200 g



Vegetable Lasagna 2398
Packed 2 x 2.3 kg Portions 24 x 190 g



Cheese Tortellini & Basil Sauce 2588
Packed 3 x 2.0 kg Portions 30 x 200 g



Mexican Rice & Bean Casserole 2595
Packed 2 x 2.5 kg Portions 24 x 200 g



Vegetarian Shepherd's Pie, Ind. 99593
Package 8 x 315 g Portions 8 x 315 g



Vegetable Stew, Individual 99597
Package 8 x 265 g Portions 8 x 265 g



Spinach and Sweet Potato Frittata 0039
Package 3 x 1.42 kg Portions 45 x 95 g

33% of 55+ Canadians are eating less meat

Ethnic Favourites

Our flavourful favourites deliver the authentic tastes you need and are specially developed to perform in healthcare operations.

- Classic dishes from around the world
- 5 complete single-serve meals available
- Convenient multi-serve packaging for portion plating



Chicken and Chorizo Jambalaya 2286
Packed 2 x 2.5 kg Portions 41 x 120 g



Butter Chicken 2267
Packed 2 x 2.5 kg Portions 50 x 100 g



Chicken Souvlaki 2272
Packed 2 x 1.4 kg Portions 35 x 80 g



Sweet & Sour Chicken 0273
Packed 2 x 2.5 kg Portions 29 x 170 g



Sweet Curry Chicken 0289
Packed 2 x 2.4 kg Portions 68 x 70 g



Mandarin Turkey 2284
Packed 2 x 2 kg Portions 42 x 95 g



Turkey Casserole Florentine 2287
Packed 3 x 1.82 kg Portions 36 x 152 g



Cooked Jamaican Pork, Mild 2330
Packed 2 x 2.5 kg Portions 50 x 100 g



Sweet & Sour Pork 2346
Packed 2 x 2.5 kg Portions 33 x 150 g



Curried Lentil Cass. Individual 99596
Packed 8 x 260 kg Portions 8 x 260 g



Vegetable Chili, Individual 99381
Package 8 x 265 g Portions 8 x 265 g



Tomato Zucchini, Individual 99591
Packed 8 x 295 g Portions 8 x 295 g



Savoury Split Pea Cass. Individual 99592
Packed 8 x 285 g Portions 8 x 285 g



Chick Peas With Ginger, Individual 99594
Packed 8 x 265 g Portions 8 x 265 g



Chili Con Carne 2385
Packed 2 x 2.5 kg Portions 27 x 180 g

Specialty foods to meet your needs!

Since we are healthcare-owned, we are aware of your need to accommodate special diets that your patients and residents require.

Look for these dietary icons to find what you need faster.

For complete nutritional information visit gohfs.org



Low Sodium



Low Fat



Low Potassium



Diabetic



Vegan



Lacto-Vegetarian



Lacto-Ovo Vegetarian

Halal Certified Dishes

We were one of the first to recognize the need and then develop Halal products in healthcare. HFS is certified under the guidelines and procedures of the Islamic Society of North America - Canada (ISNA Canada).



- Single-serve complete meals
- Easy-lift cellophane cover
- Each meal has a Halal sticker designation



Spicy Beef Stew, Individual 99219
Packed 8 x 280 g Portions 8 x 280 g



Sweet Curry Chicken, Individual 99289
Packed 8 x 235 g Portions 8 x 235 g



BBQ Beef Patty, Individual 99220
Packed 8 x 245 g Portions 8 x 245 g



Roast Chicken Dinner, Individual 99290
Packed 8 x 220 g Portions 8 x 220 g

Sides & Ingredients

Our Sides and Ingredients are designed to help reduce labour and provide flavour consistency.

- Our sauces add an international flavour boost
- Convenient multi-serve packaging



Quinoa Pilaf 0387
Packed 3 x 2.0 kg Portions 66 x 90 g



Pork Strips for Stir Fry 0216
Packed 2 x 2.0 kg Portions 57 x 70 g



Chicken Fried Rice 0270
Packed 3 x 2.0 kg Portions 40 x 150 g



Vegetable Couscous 0390
Packed 3 x 2.0 kg Portions 75 x 80 g



Beef Strips for Stir Fry 2213
Packed 2 x 2.0 kg Portions 57 x 70 g



Pepper Steak Strips 2218
Packed 2 x 2.5 kg Portions 40 x 125 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*



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