

A Multitude of Main Dish Solutions focused on nutrition and great taste

- Wide selection of complete meals and meal components
- Ultimate variety and flexibility
- Multi and single serve options

Simply **GOOD**TM Main Meal
Solutions

Uniquely created dishes to meet a multitude of dietary needs

Simply **GOOD**™ Main Meal Solutions

Welcome to a world of selection! Our SimplyGOOD™ Entrees, Side Dishes, Starches and Sauces have been meticulously created and refined to deliver the best tasting food while focusing on clean ingredients with minimal to no additives or artificial flavours. Our recipes have been refined over years and we make everything from scratch just as you would make them yourself.

Meat & Fish Dishes

Center-of-plate protein dishes available in a variety of formats and flavours for optimum convenience and flexibility.



Cooked Beef, Sliced 2359
Packed 3 x 1.0 kg Portions 50 x 60 g



Beef Liver Breaded, Cooked 0250
Packed 3 x 1.0 kg Portions 36 x 83 g



Beef Pot Pie 2202
Packed 2 x 2.3 kg Portions 24 x 190 g



Hamburger Patty 2214
Packed 2 x 1.62 kg Portions 36 x 90 g



Meatloaf, Sliced 2222
Packed 6 x 1.44 kg Portions 96 x 90 g



Salisbury Steak 2235
Packed 2 x 1.6 kg Portions 32 x 100 g



Shepherd's Pie No Veg 2237
Packed 3 x 2.22 kg Portions 36 x 185 g



Shepherd's Pie with Corn 2246
Packed 3 x 2.1 kg Portions 36 x 175 g



Cabbage & Beef Casserole 2247
Packed 3 x 1.62 kg Portions 36 x 134 g



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



Shepherd's Pie 2236
Packed 3 x 2.22 kg Portions 36 x 185 g
Shepherd's Pie, Low Sodium, Ind. 99238
Packed 12 x 200 g Portions 12 x 200 g



Macaroni & Beef Casserole 2203
Packed 2 x 2.25 kg Portions 26 x 170 g
Macaroni & Beef Casserole, Low Sodium 2206
Packed 2 x 2.25 kg Portions 25 x 175 g
Macaroni & Beef Casserole, Low Sodium, Ind. 99205
Packed 12 x 175 g Portions 12 x 175 g



Beef and Pork Cabbage Rolls 2251
Packed 2 x 2.1 kg Portions 20 x 210 g



Meat Pie 2391
Packed 4 x 750 g Portions 24 x 125 g



Baked Lasagna 2393
Packed 2 x 2.28 kg Portions 24 x 190 g



Lasagna 2394
Packed 2 x 2.28 kg Portions 24 x 190 g



Spicy Beef Stew, Ind. 99219
Packed 8 x 280 g Portions 8 x 280 g



BBQ Beef Patty, Ind. 99220
Packed 8 x 245 g Portions 8 x 245 g



Cooked Beef, Inside Round 0248
Packed 1 x 7.5 - 10 kg Portions 50 g



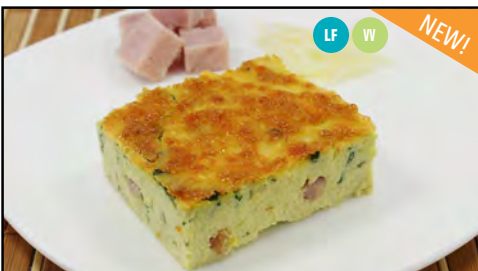
Chicken Fried Rice 0270
Packed 3 x 2.0 kg Portions 40 x 150 g



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



Chicken à la King 2265
Packed 2 x 2.5 kg Portions 33 x 150 g
Chicken à la King, Low Sodium 2278
Packed 2 x 2.5 kg Portions 33 x 150 g



Ham, Spinach & Mozzarella Frittata 0036
Package 3 x 1.42 kg Portions 45 x 95 g



Sweet Curry Chicken 0289
Packed 2 x 2.4 kg Portions 64 x 75 g
Sweet Curry Chicken, Ind. 99289
Packed 8 x 235 g Portions 8 x 235 g

We specialize in specialty foods to meet your needs!

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

As you browse through our portfolio of hundreds of products, look for these dietary icons to find what you need faster.

For complete nutritional information visit gohfs.org



Low Sodium



Low Fat



Low Potassium



Vegan



Lacto-Vegetarian



Lacto-Ovo Vegetarian

Meat & Fish Dishes



Roasted Chicken Legs 0275
Packed 2 x 1.25 kg Portions 20 x 92 g



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



Pasta & Chicken Primavera 2264
Packed 2 x 2.5 kg Portions 29 x 170 g



Chicken Pot Pie 2283
Packed 2 x 2.5 kg Portions 24 x 208 g



Roast Chicken Dinner, Ind. 99290
Packed 8 x 220 g Portions 8 x 220 g



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



Cooked Pork Cutlets, Breaded 0340
Packed 2 x 1.17 kg Portions 24 x 98 g



Pork Sausages, Baked 0341
Packed 3 x 1.6 kg Portions 53 x 90 g



Quiche Lorraine 2259
Packed 4 x 785 g Portions 24 x 125 g



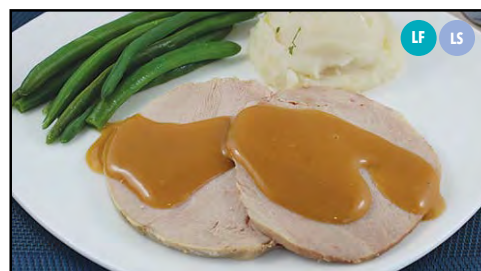
Cooked Jamaican Pork, Mild 2330
Packed 2 x 2.5 kg Portions 50 x 100 g



Pork Cutlets, Low Sodium, Braised 2331
Packed 2 x 2.4 kg Portions 32 x 150 g



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



Cooked Pork, Sliced 2376
Packed 3 x 1.0 kg Portions 50 x 60 g



Cooked Sliced Ham 2490
Packed 3 x 1.0 kg Portions 48 x 60 g



Mandarin Turkey 2284
Packed 2 x 2.0 kg Portions 40 x 100 g



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



Roast Turkey Breast, Sliced 3297
Packed 3 x 1.0 kg Portions 60 x 50 g



Veal Steakette 2370
Packed 2 x 1.52 kg Portions 32 x 95 g



Cooked Veal, Sliced 2379
Packed 3 x 1.0 kg Portions 50 x 60 g



Fish Fillets & Herbs, Uncooked 0296
Packed 3 x 800 g Portions 30 x 80 g

Vegetarian options



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



Curried Lentil & Sweet Potato 0596
Packed 2 x 2.5 kg Portions 25 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



Macaroni & Cheese, Low Sodium 0254
Packed 2 x 2.5 kg Portions 33 x 150 g
Macaroni & Cheese 0255
Packed 2 x 2.5 kg Portions 33 x 150 g
Macaroni & Cheese, Ind. 99255
Packed 12 x 200 g Portions 12 x 200 g



Tomato Zucchini, Ind. 99591
Packed 8 x 295 g Portions 8 x 295 g



Savoury Split Pea Casserole, Ind. 99592
Packed 8 x 290 g Portions 8 x 290 g

Vegetarian options



Vegetarian Shepherd's Pie, Ind. 99593
Packed 8 x 305 g Portions 8 x 305 g



Chick Peas with Ginger, Ind. 99594
Packed 8 x 295 g Portions 8 x 295 g



Curried Lentil Casserole, Ind. 99596
Packed 8 x 260 g Portions 8 x 260 g

Sauces & Gravies

The perfect complement to our meat dishes and main entrees
- HFS offers delicious and complete meal solutions.



Creole Sauce 0419
Packed 3 x 2.3 kg Portions 239 x 28 ml



Mushroom Gravy 0423
Packed 3 x 2.1 kg Portions 218 x 28 ml



Pineapple Sauce 0425
Packed 3 x 2.3 kg Portions 226 x 28 ml



Turkey Gravy, Low Sodium 0431
Packed 5 x 600 g Portions 100 x 28 ml
Turkey Gravy 2430
Packed 3 x 2.0 kg Portions 214 x 28 ml



Pork Gravy 0432
Packed 3 x 2.0 kg Portions 206 x 28 ml
Pork Gravy 3432
Packed 5 x 1.0 kg Portions 172 x 28 ml



BBQ Sauce, Low Sodium 1416
Packed 5 x 1.0 kg Portions 166 x 28 ml



Beef Gravy 2424
Packed 3 x 2.0 kg Portions 214 x 28 ml
Beef Gravy, Low Sodium 2447
Packed 5 x 600 g Portions 100 x 28 ml



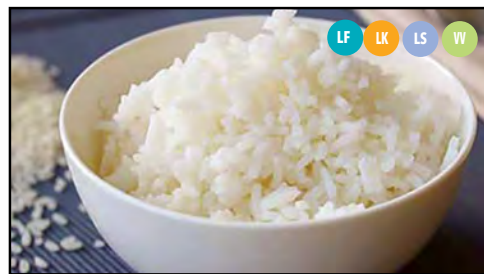
Starches & Sides



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



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



Basmati Rice 0398
Packed 3 x 2.0 kg Portions 75 x 80 g



Scalloped Potatoes 0555
Packed 2 x 2.0 kg Portions 40 x 100 g



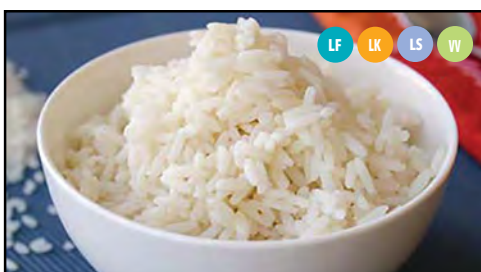
Savoury Dumplings 0912
Packed 1 x 1.68 kg Portions 56 x 30 g



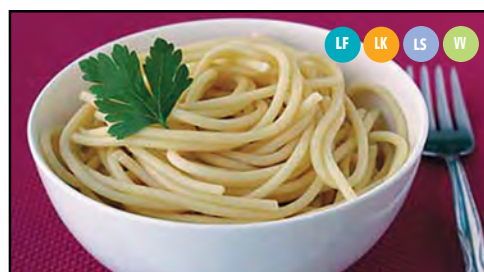
Mashed Potatoes, Low Sodium, Ind. 1558
Packed 2 x 2.72 kg Portions 64 x 85 g



Seasoned Rice 1779
Packed 3 x 2.0 kg Portions 75 x 80 g



Plain Rice 1780
Packed 3 x 2.0 kg Portions 75 x 80 g



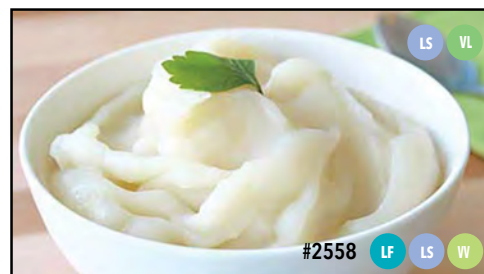
Spaghetti Noodles 1781
Packed 3 x 2.0 kg Portions 60 x 100 g



Rotini Noodles 1782
Packed 3 x 2.0 kg Portions 60 x 100 g



Turkey Dressing 2386
Packed 3 x 2.1 kg Portions 105 x 60 g



Mashed Potatoes, Seasoned, Chilled 2557
Packed 3 x 2.0 kg Portions 60 x 100 g
Mashed Potatoes, Low Sodium, Chilled 2558
Packed 3 x 2.0 kg Portions 60 x 100 g



Turnip & Carrot Mashed 2551
Packed 3 x 2.0 kg Portions 70 x 85 g



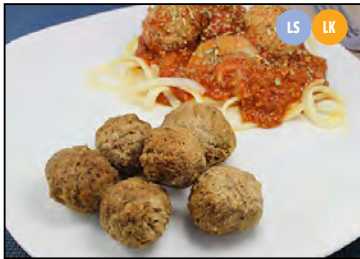
Roasted Potatoes, Chilled 2556
Packed 2 x 2.4 kg Portions 40 x 120 g



Diced Potatoes, Chilled 2787
Packed 3 x 2.5 kg Portions 75 x 100 g

Ingredients

Our deliciously prepared ingredients offer great consistency and versatility with the benefits of saving time and labour.



Meatballs 0220
Packed 2 x 2.27 kg Portions 53 x 85 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



Pork Strips for Stir Fry 0216
Packed 2 x 2.0 kg Portions 53 x 75 g



Meat Sauce 2224
Packed 3 x 2.3 kg Portions 46 x 150 g
Meat Sauce, Low Sodium 2229
Packed 3 x 2.3 kg Portions 46 x 150 g
Spaghetti & Meat Sauce, Ind. 99225
Packed 8 x 350 g Portions 8 x 350 g

Chilis & Stews

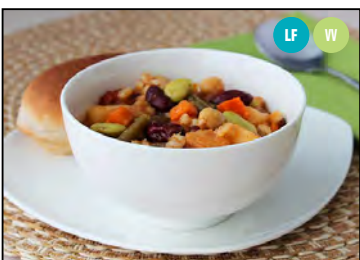
Our delicious and hearty Chilis and Stews are harmonious blends of tender and uniform cuts of meat, vibrant and colourful vegetables prepared with care and seasoned to perfection.



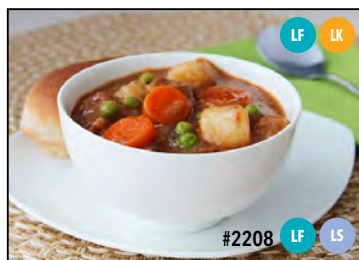
Louisiana Turkey Stew 0271
Packed 2 x 2.5 kg Portions 33 x 150 g



Vegetable Chili 0581
Packed 2 x 2.5 kg Portions 25 x 200 g
Vegetable Chili, Ind. 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
Vegetable Stew, Ind. 99597
Packed 8 x 265 g Portions 8 x 265 g



Beef Stew 2207
Packed 2 x 2.5 kg Portions 29 x 170 g
Beef Stew, Low Sodium 2208
Packed 2 x 2.5 kg Portions 27 x 180 g



Chicken Stew with Vegetables 2262
Packed 2 x 2.5 kg Portions 29 x 170 g



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