



SIMPLYFOODSOLUTIONS

NEW
Simply Food Healthcare
Range available from



Quality is served.

Simply Food Healthcare Range available from Henderson Foodservice

At Henderson Foodservice, we understand the needs for healthcare to adapt to different nutritional needs of their patients. We're delighted to launch a new range from Simply Food to bring you a new and great quality products, ideal for patients who require more specialised nutrition and food types.

The range from Simply Food are nutritionally balanced texture modified meals catering for people with dysphagia. It provides consistently high standards of taste, appearance, nutritional value and specific dietary requirements.

The range is compliant with the IDDSI (International Dysphagia Diet Standardisation Initiative) framework, which provides a common terminology to describe food textures and drink thickness.

Dishes in the range have a consistent nutritional content, which allows calorie and nutrition to be tracked easily, giving peace of mind to patients and care providers alike.

- Each meal complies with IDDSI textures ensuring you can prepare them safely and with the peace of mind that each one has consistency in nutritional content allowing you to easily control calorie intake.
- We are members of the expert manufacturer group for the new IDDSI texture descriptors
- The widest range of deliciously attractive shapes
- Superior shape retention on heating for an even more appealing meal
- Perfectly sized to reduce waste
- Nutritionally balanced to encourage weight gain

999571 24 x 150g

CHOCOLATE SPONGE

Microwave instructions:
Cook from frozen, pierce lid before
cooking, 800w for 2 minutes

What is IDDSI?

The International Dysphagia Diet Standardisation Initiative (IDDSI) provides a common terminology to describe food textures and drink thickness.

The IDDSI framework consists of a continuum of 8 levels (0-7), where drinks are measured from Levels 0 - 4, while foods are measured from Levels 3 - 7.

To read more about IDDSI go to:
www.iddsi.org.



LEVEL 4 PUREED MAINS

Oven From Frozen
Conventional Oven: Place in a pre-heated oven,
150 °C for 40 - 45 minutes.
Microwave: Heat at 800w for 5-7 minutes



Beef Stew & Dumplings

* 999557 12 x 380g

ALLERGEN AWARE - MIXED CASE

Chicken stuffing, gravy, carrots, broccoli and mashed potato.
Chicken casserole, gravy, peas, swede & parsnip and mashed potato.
Chicken curry, masala sauce, cauliflower, peas and mashed potato.
Roast lamb, mint gravy, peas, swede & parsnip and mashed potato.
Beef stew dumplings, gravy, carrots, green beans and mashed potato.
Roast beef and Yorkshire pudding, gravy, carrots, cauliflower and mustard mashed potato.
Beef Bolognese, tomato sauce, carrot, broccoli and mashed potato.
Fish, cheese sauce, carrots, peas and mashed potato.
Salmon, cream dill sauce, carrots, peas and mashed potato.
Lentil Bolognese, tomato sauce, swede & parsnip, green beans and mashed potato.
Bean veg casserole, tomato sauce, swede & parsnip, broccoli and mashed potato.
Macaroni cheese, cheese sauce, carrots, broccoli and mashed potato

per case: £33.00 per meal: £2.75

* 999558 12 x 380g

BEEF STEW & DUMPLINGS

Beef stew and dumplings, rich in gravy with mashed potato, carrots and green beans

per case: £33.00 per meal: £2.75

* 999559 12 x 380g

COTTAGE PIE

Cottage pie in a rich gravy with mashed potato, carrots and broccoli

per case: £33.00 per meal: £2.75

* 999560 12 x 380g

HEARTY CHICKEN CASSEROLE

Hearty chicken casserole rich in gravy with mashed potato, peas, swede and parsnip

per case: £33.00 per meal: £2.75

LEVEL 4 PUREED DESSERTS

Cooking instructions vary, please refer to product pack for details.

* 999561 24 x 150g

SPICED APPLES & CUSTARD

per case: £30.00 per meal: £1.25

* 999562 24 x 150g

STICKY TOFFEE PUDDING

per case: £30.00 per meal: £1.25



Spiced Apples

HOW TO ORDER:

CALL US ON: NORTHERN IRELAND 028 9034 2342 OR ROI 1800 805 593 MONDAY – FRIDAY 10AM-6PM SUNDAY 1PM-5PM

ORDER ONLINE: WWW.HENDERSON-FOODSERVICE.COM

LEVEL 5

MINCED & MOIST

Oven From Frozen

Conventional Oven: Place in a pre-heated oven, 150 °C for 35 - 40 minutes.

Microwave: Heat at 800w for 8-9 minutes

* 999563 12 x 380g

ALLERGEN AWARE - MIXED CASE

Chicken stuffing, gravy, carrots, broccoli and mashed potato.

Chicken casserole, gravy, peas, swede & parsnip and mashed potato.

Chicken curry, masala sauce, cauliflower, peas and mashed potato.

Roast lamb, mint gravy, peas, swede & parsnip and mashed potato.

Beef stew dumplings, gravy, carrots, green beans and mashed potato.

Roast beef and Yorkshire pudding, gravy, carrots, cauliflower and mustard mashed potato.

Beef Bolognese, tomato sauce, carrot, broccoli and mashed potato.

Fish, cheese sauce, carrots, peas and mashed potato.

Salmon, cream dill sauce, carrots, peas and mashed potato.

Lentil Bolognese, tomato sauce, swede & parsnip, green beans and mashed potato.

Bean veg casserole, tomato sauce, swede & parsnip, broccoli and mashed potato.

Macaroni cheese, cheese sauce, carrots, broccoli and mashed potato

per case: £35.40 per meal: £2.95

Savoury Beef

* 999564 12 x 380g

BEEF STEW & DUMPLINGS

Beef stew and dumplings with mashed potato and carrot/swede

per case: £35.40 per meal: £2.95

* 999565 12 x 380g

CHICKEN CASSEROLE

per case: £35.40 per meal: £2.95

999566 12 x 380g

* COTTAGE PIE

Cottage pie with cauliflower cheese, carrots and swede

per case: £35.40 per meal: £2.95

LEVEL 6

SOFT & BITE SIZED MEALS

Oven From Frozen

Conventional Oven:

Place in a pre-heated oven, 150 °C for 35 - 40 minutes.

Microwave: Heat at 700w for 8-9 minutes

* 999570 12 x 380g

COTTAGE PIE

per case: £35.40 per meal: £2.95

* 999568 12 x 380g

BEEF STEW & DUMPLINGS

per case: £35.40 per meal: £2.95

* 999569 12 x 380g

CHICKEN SUPREME

per case: £35.40 per meal: £2.95

Oven From Frozen

Conventional Oven:

Place in a pre-heated oven, 150 °C for 35 - 40 minutes.

Microwave: Heat at 800w for 8-9 minutes

* 999567 12 x 380g

ALLERGEN AWARE - MIXED CASE

Chicken stuffing, gravy, carrots, broccoli and mashed potato.

Chicken casserole, gravy, peas, swede & parsnip and mashed potato.

Chicken curry, masala sauce, cauliflower, peas and mashed potato.

Roast lamb, mint gravy, peas, swede & parsnip and mashed potato.

Beef stew dumplings, gravy, carrots, green beans and mashed potato.

Roast beef and Yorkshire pudding, gravy, carrots, cauliflower and mustard mashed potato.

Beef Bolognese, tomato sauce, carrot, broccoli and mashed potato.

Fish, cheese sauce, carrots, peas and mashed potato.

Salmon, cream dill sauce, carrots, peas and mashed potato.

Lentil Bolognese, tomato sauce, swede & parsnip, green beans and mashed potato.

Bean veg casserole, tomato sauce, swede & parsnip, broccoli and mashed potato.

Macaroni cheese, cheese sauce, carrots, broccoli and mashed potato

per case: £35.40 per meal: £2.95

SOFT & BITE SIZED PUDDING

* 999571 24 x 150g

CHOCOLATE SPONGE

Microwave instructions:

cook from frozen, pierce lid before cooking, 800w for 2 minutes

per case: £30.00 per meal: £1.25

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NI Tel: 028 9034 2342
ROI Tel: 1800 805 593
www.henderson-foodservice.com

 @HendersonFoods

 HendersonFoodservice

MY HENDERSON FOODSERVICE CONTACT

Rep Name

Rep Tel

Rep Email

Delivery Days

Account No