



Mashed Foods Catalogue

Adult Range

Who we are

We offer, Ready-to-eat foods that are loaded with nutrition. Our products solve the problem of preparing and processing the food yourself as well as ensuring that all your specific dietary needs are catered for.

All our products are made with locally sourced, fresh produce and contains no added preservatives or colorants. We pride ourselves on providing a safe product to our customers and focus on continuous product innovation.

Our values include

Efficiency
Trustworthiness
Client centric focus

Mashed Foods Company

Mashed Foods Company is a food manufacturing business that provides texture modified foods to different target markets.



We deliver great tasting, highly nutritious and delicious foods for those who have issues chewing or swallowing caused by age, illness or surgery.

All our products are made with locally sourced, fresh produce and contains no added preservatives or colorants.

We pride ourselves on providing a safe product to our customers and focus on continuous product innovation

We strive to make life easier and more enjoyable for you through the love of good food!

Contact Us

Follow us on  

Email: info.mashedfoods@gmail.com

Web: <https://mashed-foods.yolasite.com/>

Eating is one of life's joys!



MASHED

Our Adult Texture Modified Range

Mashed foods products are nutritionally fortified with pea protein to build muscle mass.



Benefits of Pea protein:

- Hypoallergenic
- Easily digested
- Lactose free
- Rich in protein

Texture of our foods – we manufacture our products according to the IDDSI framework.

The IDDSI Framework

Providing a common terminology for describing food textures and drink thicknesses to improve safety for individuals with swallowing difficulties.



We provide our foods in two different types of textures according to the IDDSI system

Level 4 – Pureed and Level 5 – Minced & Moist



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Package 1 – Lunch options (Main Meal)

7 meals per week

Meals consists of 1 Protein (150 g) 3 Vegetables (450 g) and 1 Dessert (150 g)

Vegetable selection

All natural ingredients no added preservatives, salt, or sugar

| Vegetable | Serving size | IDDSI Texture Level |
|-----------------|--------------|---------------------|
| Beetroot | 150 g | L4 & L5 |
| Broccoli | 150 g | L4 & L5 |
| Butternut | 150 g | L4 & L5 |
| Braised Cabbage | 150 g | L4 & L5 |
| Cauliflower | 150 g | L4 & L5 |
| Corn | 150 g | L4 & L5 |
| Glazed Carrots | 150 g | L4 & L5 |
| Minted Peas | 150 g | L4 & L5 |
| Potato | 150 g | L4 & L5 |
| Spinach | 150g | L4 & L5 |
| Sweet Potato | 150 g | L4 & L5 |

Protein selection

All natural ingredients no added preservatives

| Protein | Serving size | IDDSI Texture Level |
|--------------------|--------------|---------------------|
| Beef Bolognese | 150 g | L4 & L5 |
| Beef and Mushrooms | 150 g | L4 & L5 |
| Creamy Chicken | 150 g | L4 & L5 |
| BBQ Chicken | 150 g | L4 & L5 |
| Butter Chicken | 150 g | L4 & L5 |
| Lentil curry | 150 g | L4 & L5 |
| Tuna and Tomato | 150 g | L4 & L5 |
| Tuna and Corn bake | 150 g | L4 & L5 |
| Creamy Fish | 150 g | L4 & L5 |

Dessert selection

| Dessert | Serving size | IDDSI Texture Level |
|-------------------|--------------|---------------------|
| Cheesecake | 150 g | L4 |
| Chocolate Mousse | 150 g | L4 |
| Strawberry Mousse | 150 g | L4 |
| Milktart | 150 g | L4 |



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Package 1 – Lunch (Main Meal)

MASHED FOODS MAIN MEALS



Nutritiously Texture Modified Meals

Main Meal

1 Protein (150 g)

3 Vegetables (150 g)

1 Dessert (150 g)

Product will be delivered frozen

*You can choose 2 proteins, 3 vegetables and 1 dessert per week.

Prices

| Packages | Price |
|---|-----------|
| Weekly Package – 7 meals (a meal consisting of 1 protein, 3 vegetables and one dessert) | R 580.00 |
| Monthly Package – 28 meals | R 2250.00 |

*we can do customised packages per request



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Package 2 – Dinner Option 1

MASHED FOODS EVENING MEALS

Nutritiously Texture Modified Meals

Evening Meal

1 Protein (150 g)

1 Vegetable (150 g)

1 Starch (150 g)

Product will be delivered frozen

| Protein | Vegetables | Starch |
|--------------------|-------------------|--------------------|
| Beef Bolognese | Beetroot | Butternut |
| Butter Chicken | Broccoli | Cauliflower Gratin |
| Creamy Chicken | Braised Cabbage | Potato |
| Lentil Curry | Corn | Roast Pumpkin |
| Tuna & Tomato Bake | Glazed Carrots | Roast Vegetables |
| Creamy Fish | Minted Peas | Sweet Potato |

PRICES

| Packages | Price |
|---|--------------|
| Weekly Package – 7 meals (a meal consisting of 1 protein, 1 vegetable and one starch) | R 380.00 |
| Monthly Package – 28 meals | R 1420.00 |

*we can do customised packages per request



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Package 3 – Dinner Option 2

MASHED FOODS SOUP 

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Nutritiously balanced soup

CHICKEN AND VEGETABLE

HEARTY BEEF

VEGETABLE MEDLEY

BUTTERNUT

POTATO AND LEEK

RED LENTIL



All soups are
packaged in
either 250 ml
or 500 ml
serving sizes

Product will be delivered frozen

PRICES

| Packages | Price |
|---------------------------------|--|
| Per soup | 250 ml – R 30.00 500 ml – R 50.00 |
| Weekly package (1 soup per day) | 250 ml x 7 – R 210.00 500 ml x 7 – R 340.00 |



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Mashed food handling guide

Mashed foods products are ready-to-eat and therefore needs little preparation.

How to store

You have the option to refrigerate these products and consume within 3 days or to freeze these products for up to 3 months.

Shelf life:

Frozen – 3 months

Defrosted sealed – 3 days from defrost

Opened – use within a day

To defrost

Remove product from freezer and let it defrost in the fridge a day before consumption.

Or

Get product from freezer and transfer from packaging into a microwavable bowl to defrost.

To heat

Remove desired amount of product from the packaging and place into a microwavable bowl and microwave for 2 minutes and refrigerate the rest of the product.

Or

Remove desired amount of product from the packaging and place into a saucepan and heat on the stovetop until desired heat is reached and enjoy.

Once heated you cannot return the food to the refrigerator, it must be consumed in one sitting.



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