able foods

Texture modified meals menu

Healthy, tasty and ready-made.

Developed by a team of dietitians and prepared by chefs, Able Foods texture modified meals are are IDDSI* compliant for 'minced and moist' and 'pureed' textures — without compromising on flavour, health or convenience.

- Designed to improve nutrition and health
- Paired companion meals
- 12 tasty meals for variety
- Delivered to your door
- Ready-made for your convenience
- Personalised meal plan

*The International Dysphagia Diet Standardisation Initiative (IDDSI) tests are intended to confirm the flow or texture of a particular food/drink product at the time of testing, to ensure they adhere to the labeled texture level (0-7).

All Able Foods texture modified meals come in two textures

- **5** Minced and moist (level 5)
- **4** Pureed (level 4)

Please consult with your health practitioner, or Kinela allied health coach, to understand which IDDSI texture level is safest for you.

Able Foods Magic 8 Nutrition Guidelines

We've spent countless hours with our team of dietitians perfecting our Magic 8 Nutrition Guidelines to ensure all of our main meals are healthy, balanced and damn delicious.

Portion and calorie-controlled

Contain at least 1.5 serves of vegetables

Good source of protein

Controlled sodium content

Good source of dietary fibre

Controlled sugar content

Contain at least 3 serves of foods from the 5 food groups

Controlled saturated fat content

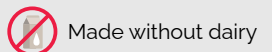**Head to ablefoods.com.au/magic8 to learn more!**

Health claims are based on Able Foods' main meals. The full nutritional breakdown of our menu can be accessed via our online store.
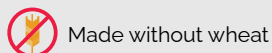
Companion meals

Did you know that some of Able Foods modified meals are available as a regular meal? Able Foods offers discounted meals to those in your circle of care, so that you can experience mealtimes (and better health) together.

Key:

🚫 Made without dairy

🚫 Made without wheat

5 Minced & Moist

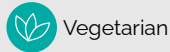**4** Pureed

Protein:

🐔 Chicken

🐖 Pork

🐟 Seafood

🐄 Beef

🐑 Lamb

🌿 Vegetarian

Texture modified menu
$2.50 - $3.00 per meal

Chicken & creamy mushroom sauce - $2.50
w/ risoni, peas, orange veg mix (carrot, sweet potato & pumpkin)

Minced & moist meal code: **MM-5011**
Pureed meal code: **P-5012**

5 **4**

Roast chicken & gravy - $2.50
w/ sweet potato & potato mix, carrot & green veg mix (beans, peas & broccoli)

Minced & moist meal code: **MM-5009**
Pureed meal code: **P-5010**

🚫 **5** **4**

Chicken parmigiana - $2.50
w/ potato, carrot & green veg mix (beans, peas & broccoli)

Minced & moist meal code: **MM-5017**
Pureed meal code: **P-5018**

5 **4**

Homestyle chicken rissole - $2.50
w/ peas, potato & carrot

Minced & moist meal code: **MM-5025**
Pureed meal code: **P-5026**

🚫 **5** **4**

Roast beef & onion gravy - $3.00
w/ potato, pumpkin & green veg mix (beans, peas & broccoli)

Minced & moist meal code: **MM-5001**
Pureed meal code: **P-5002**

🚫 **5** **4**

Beef & mushroom gravy - $3.00
w/ potato, carrots & beans

Minced & moist meal code: **MM-5005**
Pureed meal code: **P-5006**

🚫 **5** **4**

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Texture modified menu

$2.50 - $3.00 per meal

Roast pork & gravy with apple sauce - $2.50
w/ potato, sweet potato & beans

Minced & moist meal code:
MM-5013
Pureed meal code:
P-5014

Tuscan pork meatballs & risoni - $2.50
w/ sweet potato & green veg mix (beans, peas & broccoli)

Minced & moist meal code:
MM-5015
Pureed meal code:
P-5016

Salmon pasta - $2.50
w/ peas & carrot

Minced & moist meal code:
MM-5019
Pureed meal code:
P-5020

Roast lamb & rosemary gravy - $3.00
w/ peas, carrot & potato

Minced & moist meal code:
MM-5007
Pureed meal code:
P-5008

Lamb shepherd's pie - $2.50
w/ cheesy cauliflower & green veg mix (beans, peas & broccoli)

Minced & moist meal code:
MM-5023
Pureed meal code:
P-5024

Mac & cheese - $2.50
w/ pumpkin & peas

Minced & moist meal code:
MM-5021
Pureed meal code:
P-5022

Serving suggestions

How meals look is almost as important as how they taste! While Able Foods meals can be eaten straight from the packaging, make mealtimes more exciting by plating your texture modified meals on a bright, colourful or patterned plate – just like our photos. 'Fluff' ingredients with a fork and keep colours separate when you serve, to make the meals more visually stimulating.

The complete package

Good nutrition is just the beginning. Our friends at Kinela also provides expert allied health support to help you build your skills, confidence, independence and health—no waitlists or travel required.

Speech therapists
Get support with safe swallowing and build your confidence around mealtimes with a Kinela speech therapist.

Dietitians
Boost your general health and wellbeing, and build your confidence with food and nutrition, with a Kinela dietitian.

Call the friendly Kinela team to discover how they can support you.

1300 448 100

Pricing

Able Foods texture modified meals are co-funded through your NDIS plan under Core Supports - Daily Activities – Assistance with the cost of preparation and delivery of meals. All you need to pay is a small amount for the ingredients component.

Item	You pay	NDIS rebate
Texture Modified Meals	**$2.50 - $3.00**	$13.78

How to order:

Contact our friendly team:

☎ 1300 123 ABLE (2253)

🌐 ablefoods.com.au

✉ orders@ablefoods.com.au

able foods

A **champion** diet for a **healthier** and **happier** life

Let's be friends!

📞 1300 123 ABLE (2253)
🌐 ablefoods.com.au
✉️ hello@ablefoods.com.au

I support the **ndis**

Kinela

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We're proud to be a Certified B Corporation, a for-purpose company that makes social responsibility our business. We also do our best to give back by pledging 1% of our company equity, employee time and products to charity.

Certified
B
Corporation