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 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

All Able Foods texture modified meals come in two textures

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

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

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*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).
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
- Good source of protein
- Good source of dietary fibre
- Contain at least 3 serves of foods from the 5 food groups
- Contain at least 1.5 serves of vegetables
- Controlled sodium content
- Controlled sugar content
- Controlled saturated fat content

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.

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.
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

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

Chicken parmigiana - $2.50
w/ potato, carrot & green veg mix (beans, peas & broccoli)
Minced & moist meal code: MM-5017
Pureed meal code: P-5018

Homestyle chicken rissole - $2.50
w/ peas, potato & carrot
Minced & moist meal code: MM-5025
Pureed meal code: P-5026

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

Beef & mushroom gravy - $3.00
w/ potato, carrots & beans
Minced & moist meal code: MM-5005
Pureed meal code: P-5006

Key:
- Made without dairy
- Made without wheat
- Minced & Moist
- Pureed

Protein:
- Chicken
- Pork
- Seafood
- Beef
- Lamb
- Vegetarian
Texture modified menu
$2.50 - $3.00 per meal

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

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

Salmon pasta - $2.50
w/ peas & carrot

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

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

Mac & cheese - $2.50
w/ pumpkin & peas

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

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

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

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

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

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

Please consult with your health practitioner to understand which IDDSI texture level is safest for you.

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.

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<th>Item</th>
<th>You pay</th>
<th>NDIS rebate</th>
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<td>$2.50 - $3.00</td>
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How to order:
Contact our friendly team:
📞 1300 123 ABLE (2253)
🌐 ablefoods.com.au
✉️ orders@ablefoods.com.au

To find out more visit ablefoods.com.au/texture-modified-meals
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.

A champion diet for a healthier and happier life

Let’s be friends!

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

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