



able
foods

Menu

Winter 22



Order cut-off:

5pm on Wednesday



ORDER HERE



How to order:

Online:

ablefoods.com.au/store

Call:

1300 123 ABLE (2253)

Email:

orders@ablefoods.com.au



Delivery day:

Your delivery day will depend on where you live. Call our friendly team, or visit **ablefoods.com.au** to find out which day we deliver to your area.

Want to make your orders automatic? Set up a meal plan with our team. Call 1300 123 ABLE (2253)

Hey everyone,

It's been an epic year so far for everyone here at your new home for healthy and delicious NDIS meals,
Able Foods!

The team and I at Able Foods are so stoked to be part of the Kinela family and can't wait to continue to provide even more Australians with disability a champion diet for a healthier and happier life.

We put so much effort into providing the best service possible so we can be a true market leader and the NDIS meal specialists, because better health belongs to everyone.

As always, thanks for the support and enjoy the meals!



Dylan Alcott & the team at Able Foods

“We put so much effort into providing the best service possible so we can be a true market leader and the NDIS meal specialists, because better health belongs to everyone.”



Meet your new favourites



1078.
**Mongolian
beef**

1077.
**Creamy
mustard
chicken
cottage pie**

307.
**Beef
bolognese
soup**

630.
**Apple &
cinnamon
crumble with
custard**

1081.
**Herbed
chicken &
risoni**

1080.
**Homestyle
savory
mince**

305.
**Potato &
leek soup**

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.

Do you have specific dietary requirements?

No worries! We have
nut-free; dairy-free;
wheat free; vegetarian;
low sodium; easy to
chew; texture modified;
and diabetic-friendly
options available!





Glossary of meals



Pub-style classics 8-9

- 1072. **Curried vegetable pot pie**
- 1075. **Loaded Mexican beef wedges**
- 151. **Classic chicken schnitzel**
- 184. **Classic chicken parmigiana**
- 1059. **Crumbed chicken tenders & sweet and sour sauce**
- 1014. **Buffalo chicken poppers & sticky BBQ sauce**
- 1051. **Beef pot pie**
- 1013. **Beef banger & sweet potato mash**
- 1009. **Fish n' chips**
- 1042. **BBQ lamb burger**
- 1068. **German pork sausage & warm potato salad**
- 197. **Marinated tofu schnitzel**



Home-style favourites

10 - 11

- 1077. **Creamy mustard chicken cottage pie**
- 1080. **Homestyle savoury mince**
- 1060. **Aussie BBQ Grill**
- 1074. **Pork steak & creamy mustard sauce**
- 1048. **Beef stroganoff**
- 1071. **Apricot chicken rissoles**
- 1034. **Roast lamb & rosemary gravy**
- 1038. **Roast chicken & gravy**
- 1067. **Chicken & prawn Spanish rice**
- 1063. **Curried pork sausages**
- 1028. **Rustic beef & veggie rissoles**
- 1031. **Roast beef & seeded mustard gravy**
- 1064. **Tuna pasta bake**
- 1030. **Lamb & veggie shepherds pie**

-
1032. **Roast pork & sweet apple sauce**
-
1052. **Vegetable frittata**
-
1019. **Mac & cheese bake**
-
1029. **Veggie cottage pie**
-
1006. **Spinach & chickpea falafels**
-



Italian

12

-
1081. **Herbed chicken & risoni**
-
1039. **Italian Pasta Bake**
-
141. **Spaghetti bolognese**
-
1035. **Cheesy chicken pasta bake**
-
196. **Pumpkin & ricotta lasagne**
-
1062. **Cheesy arancini & chunky tomato sauce**
-



Asian

13

-
1078. **Mongolian beef**
-
198. **Tofu Yellow Coconut Curry**
-
1040. **Thai Fish Cakes**
-
145. **Chicken Tikka Masala**
-

-
1073. **Asian style chicken meatballs**
-
1066. **Satay chicken**
-
1070. **Massaman beef curry**
-
1049. **Chicken chow mein**
-
1025. **Chicken fried rice**
-



Soup & sandwiches

14

-
504. **Roast beef, cheese & relish sandwich**
-
501. **Egg & chive sandwich on rye**
-
303. **Pumpkin & lentil soup**
-
304. **Vegetable, tomato & risoni soup**
-
305. **Potato & leek soup**
-
306. **Pea & ham soup**
-
307. **Beef bolognese soup**
-



Breakfast meals

15

-
209. **Banana pancakes & ricotta cream**
-
205. **Apple & berry granola**
-
207. **Oat & pear muffin**
-

-
206. **Baked beans & scrambled eggs w/ wholemeal roll**
-
201. **Corn fritters & tomato salsa**
-
211. **Sticky date porridge**
-
212. **Almond & blueberry bircher**
-



Extras

16 - 18

-
505. **Tasty cheese with water crackers**
-
451. **Pink lady apple juice**
-
450. **Granny smith apple juice**
-
618. **Diced fruit salad cup**
-
619. **Diced peaches fruit cup**
-
620. **Banana cinnamon muffin**
-
621. **Raspberry coconut muffin**
-
622. **Carrot cake muffin**
-
623. **Pumpkin spice muffin**
-
710. **Oat & berry pikelets**
-
602. **Date, walnut & cacao bar**
-

-
601. **Apricot, almond & amaranth bar**
-
616. **Vanilla & blueberry muesli bar**
-
617. **Honey & almond muesli bar**
-
722. **Vegetable fritters & tomato chutney**
-
719. **Wholemeal roll**
-
414. **Chobani mango yoghurt pouch**
-
410. **Chobani strawberry yoghurt pouch**
-
411. **Chobani blueberry yoghurt pouch**
-
412. **Chobani raspberry yoghurt pouch**
-
413. **Chobani vanilla yoghurt pouch**
-



Dessert

19

-
629. **Creamy rice & strawberry puree**
-
630. **Apple & cinnamon crumble with custard**
-
627. **Chocolate custard**
-
628. **Vanilla custard**
-

Main meals

Eating well has never tasted so good! Our delicious range of main meals are designed to be eaten for lunch or dinner.

Key:



Made without dairy



Made without wheat



Made without nuts



Made without seafood



Easy to chew



Spicy

Allergen Disclaimer: Please be aware that we cannot guarantee any product is 100% free from traces of allergens.

Protein:



Chicken



Beef



Pork



Lamb



Seafood



Vegetarian



Vegan



Pub-style classics

\$2.50 - \$3.00 co-pay per main meal



Classic chicken schnitzel - \$2.50
w/ mashed potato, carrot & peas



Meal code

151



Classic chicken parmigiana - \$2.50
w/ roast potato, beans & peas



Meal code

184



Crumbed chicken tenders & sweet and sour sauce - \$2.50
w/ sweet potato fries, broccoli & cauliflower



Meal code

1059



Buffalo chicken poppers & sticky BBQ sauce - \$2.50
w/ potato wedges & beans



Meal code

1014



Beef pot pie - \$2.50
w/ mash potato & peas



Meal code

1051



Beef banger & sweet potato mash - \$2.50
w/ peas



Meal code

1013



Pub-style classics

\$2.50 - \$3.00 co-pay per main meal



Loaded Mexican beef wedges - \$2.50
w/ beans, corn & tomato salsa



Meal code
1075



Fish n' chips - \$2.50
w/ mushy peas



Meal code
1009



BBQ lamb burger - \$3.00
w/ grilled onion, mash potato & beans



Meal code
1042



German pork sausage & warm potato salad - \$2.50
w/ apple sauce & peas



Meal code
1068



Curried vegetable pot pie - \$2.50
w/ roast potato & broccoli



Meal code
1072



Marinated tofu schnitzel - \$2.50
w/ roast potato, carrot, capsicum, broccoli & cauliflower



Meal code
197

Make ordering a breeze with a personalised Able Foods meal plan!

Get in touch, and we'll design a personalised menu to suit your goals and preferences.

- Automatic ordering – we do it for you!
- Choose a rotating menu – so you never get bored
- Change up your meal plan at any time



Home-style favourites

\$2.50 - \$3.00 co-pay per main meal

NEW



Creamy mustard chicken cottage pie - \$2.50
w/ bacon, carrot & broccoli



Meal code
1077

NEW



Homestyle savoury mince - \$2.50
w/ rice, broccoli, peas, potato & carrot



Meal code
1080

LIMITED



Aussie BBQ grill - \$2.50
w/ beef rissole, chicken chipolata, gravy, potato, bake, honey carrots, peas & corn



Meal code
1060



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



Meal code
1034



Roast chicken & gravy - \$2.50
w/ roast potato, carrot, red onion & peas



Meal code
1038



Chicken & prawn Spanish rice - \$2.50
w/ capsicum & peas



Meal code
1067



Curried pork sausages - \$2.50
w/ rice, peas, carrots & beans



Meal code
1063



Rustic beef & veggie rissoles - \$2.50
w/ onion gravy, sweet potato mash & peas



Meal code
1028



Roast beef & seeded mustard gravy - \$3.00
w/ roast potato, pumpkin, red onion, sweet potato & peas



Meal code
1031



Tuna pasta bake - \$2.50
w/ peas, sweet potato, broccoli, cauliflower & carrots



Meal code
1064



Home-style favourites

\$2.50 - \$3.00 co-pay per main meal



Apricot chicken rissoles - \$2.50
w/ mash potato & beans



Meal code
1071



Pork steak & creamy mustard sauce - \$2.50
w/ herbed mash, beans & corn on the cob



Meal code
1074



Lamb & veggie shepherd's pie - \$3.00
w/ peas & broccoli



Meal code
1030



Beef stroganoff - \$2.50
w/ fettuccine pasta & beans



Meal code
1048



Roast pork & sweet apple sauce - \$2.50
w/ roast potato, broccoli, honey roast carrots & beetroot



Meal code
1032



Vegetable frittata - \$2.50
w/ roast potato & beans



Meal code
1052



Mac & cheese bake - \$2.50
w/ broccoli



Meal code
1019



Veggie cottage pie - \$2.50
w/ peas



Meal code
1029



Spinach & chickpea falafels - \$2.50
w/ brown rice salad



Meal code
1006



Italian

\$2.50 - \$3.00 co-pay per main meal

NEW



Herbed chicken & risoni - \$2.50
w/ roast zucchini & peas



Meal code
1081



LIMITED



Italian pasta bake - \$2.50
w/ green beans



Meal code
1039



Spaghetti bolognese - \$2.50
w/ green beans



Meal code
141



Cheesy chicken pasta bake - \$2.50
w/ green beans



Meal code
1035



Pumpkin & ricotta lasagne - \$2.50
w/ green beans



Meal code
196



Cheesy arancini & chunky tomato sauce - \$2.50
w/ spinach, white beans, broccoli, cauliflower & carrots



Meal code
1062





Asian

\$2.50 - \$3.00 co-pay per main meal

NEW



Mongolian beef -
\$2.50
w/ rice, broccoli, carrot,
baby corn, sugar snap
peas & capsicum



Meal code
1078



LIMITED



**Tofu yellow coconut
curry - \$2.50**
w/ rice & peas



Meal code
198



LIMITED



Thai fish cakes - \$2.50
w/ coriander, rice & green
beans



Meal code
1040



LIMITED



Chicken tikka masala
- \$2.50
w/ rice & Aussie bean mix



Meal code
145



**Asian style chicken
meatballs - \$2.50**
w/ rice, edamame,
broccoli, baby corn, peas,
capsicum



Meal code
1073



Satay chicken - \$2.50
w/ rice, beans, carrot,
capsicum



Meal code
1066



Massaman beef curry
- \$2.50
w/ rice, sweet potato &
beans



Meal code
1070



Chicken chow mein -
\$2.50
w/ broccoli, carrot, baby
corn, sugar snap peas &
red capsicum



Meal code
1049



Chicken fried rice -
\$2.50
w/ peas, capsicum, corn,
mushroom & cauliflower



Meal code
1025





Soup & sandwiches

\$1.00 - \$1.80 co-pay per meal

NEW



Beef bolognese soup
- \$1.00



Meal code
307



NEW



Potato & leek soup -
\$1.00



Meal code
305



NEW



Pea & ham soup -
\$1.00



Meal code
306



Pumpkin & lentil soup
- \$1.00



Meal code
303



Serving
suggestion:
add a bread
roll to enjoy
with your
soup!



**Vegetable, tomato &
risoni soup** - \$1.00



Meal code
304



**Roast beef, cheese
& relish sandwich** -
\$1.80



Meal code
504



**Egg & chive sandwich
on rye** - \$1.80



Meal code
501





Breakfast meals

\$1.80 co-pay per meal



Banana pancakes & ricotta cream - \$1.80



Meal code
209



Apple & berry granola - \$1.80



Meal code
205



Oat & pear muffin - \$1.80



Meal code
207



Baked beans & scrambled eggs w/ wholemeal roll - \$1.80



Meal code
206



Corn fritters & tomato salsa - \$1.80



Meal code
201



Sticky date porridge - \$1.80



Meal code
211



Almond & blueberry bircher - \$1.80



Meal code
212



Extras

\$0.50 - \$1.00 co-pay per snack



**Granny smith apple
juice - \$0.50**



Meal code

450



**Pink lady apple juice
- \$0.50**



Meal code

451



**Diced fruit salad cup
in juice - \$0.50**



Meal code

618



**Diced peaches fruit
cup in juice - \$0.50**



Meal code

619



**Tasty cheese with
water crackers - \$1.00**



Meal code

505



**Banana cinnamon
muffin - \$1.00**



Meal code

620



Extras

\$0.50 - \$1.00 co-pay per snack



Raspberry coconut muffin - \$1.00



Meal code
621



Carrot cake muffin - \$1.00



Meal code
622



Pumpkin spice muffin - \$1.00



Meal code
623



Oat & berry pikelets - \$1.00



Meal code
710



Date, walnut & cacao bar - \$0.50



Meal code
602



Apricot, almond & amaranth bar - \$0.50



Meal code
601



Vanilla & blueberry muesli bar - \$0.50



Meal code
616



Honey & almond muesli bar - \$0.50



Meal code
617



Vegetable fritters & tomato chutney - \$1.00



Meal code
722



Wholemeal roll - \$0.50



Meal code
719



Extras

\$0.50 - \$1.00 co-pay per snack



**Chobani mango
yoghurt pouch** - \$0.50



Meal code

414



**Chobani strawberry
yoghurt pouch** - \$0.50



Meal code

410



**Chobani blueberry
yoghurt pouch** - \$0.50



Meal code

411



**Chobani raspberry
yoghurt pouch** - \$0.50



Meal code

412



**Chobani vanilla
yoghurt pouch** - \$0.50



Meal code

413



Dessert

\$0.50 - \$1.00 co-pay per dessert

NEW



Creamy rice & strawberry puree -
\$1.00



Meal code

629



NEW



Apple & cinnamon crumble with custard -
\$1.00



Meal code

630



Chocolate custard -
\$0.50



Meal code

627



Vanilla custard - \$0.50



Meal code

628





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

Let's be friends!

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



Kinela

Connect with us!
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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.

