



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 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 to understand which IDDSI texture level is safest for you.

\*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



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](https://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.

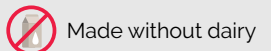


## Companion meals

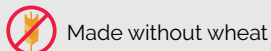
Did you know that some of Able Foods modified meals are available as a regular meal? Able Foods offers discounted meals to those in your circle of care, so that you can experience mealtimes (and better health) together.



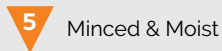
## Key:



Made without dairy



Made without wheat



Minced & Moist



Pureed

## Protein:



Chicken



Pork



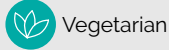
Seafood



Beef



Lamb



Vegetarian



Vegan



# Texture modified menu

\$3.00 - \$3.50 per meal

NEW



## Chicken with garlic & thyme gravy - \$3.00

w/ potato, pumpkin & beans

Minced & moist meal code:

**MM-5027**

Pureed meal code:  
**P-5028**



## Beef bolognese & pasta - \$3.00

w/ peas, carrot, sweet potato & pumpkin

Minced & moist meal code:

**MM-5003**

Pureed meal code:  
**P-5004**



## Roast chicken & gravy - \$3.00

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 - \$3.00

w/ potato, carrot & green veg mix (beans, peas & broccoli)

Minced & moist meal code:

**MM-5017**

Pureed meal code:  
**P-5018**



## Homestyle chicken rissole - \$3.00

w/ peas, potato & carrot

Minced & moist meal code:

**MM-5025**

Pureed meal code:  
**P-5026**



## Roast beef & onion gravy - \$3.50

w/ potato, pumpkin & green veg mix (beans, peas & broccoli)

Minced & moist meal code:

**MM-5001**

Pureed meal code:  
**P-5002**





# Texture modified menu

\$3.00 - \$3.50 per meal



**Roast pork & gravy with apple sauce** - \$3.00  
w/ potato, sweet potato & beans

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



**Tuscan pork meatballs & risoni** - \$3.00  
w/ sweet potato & green veg mix (beans, peas & broccoli)

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



**Salmon pasta** - \$3.00  
w/ peas & carrot

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



**Roast lamb & rosemary gravy** - \$3.50  
w/ peas, carrot & potato

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



**Lamb shepherd's pie** - \$3.50  
w/ cheesy cauliflower & green veg mix (beans, peas & broccoli)

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



**Mac & cheese** - \$3.00  
w/ pumpkin & peas

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





# Extras

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



**Pureed creamy rice & passionfruit puree -**  
\$1.00



**Apple & strawberry puree -** \$0.50



**Apple & peach puree -**  
\$0.50



Meal code:  
**632**



Meal code:  
**510**



Meal code:  
**613**



## 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	<b>\$3.00 - \$3.50</b>	\$14.60

## How to order:

Contact our friendly team:

📞 1300 123 225

🌐 [ablefoods.com.au](https://ablefoods.com.au)

✉️ [orders@ablefoods.com.au](mailto:orders@ablefoods.com.au)

**To find out more visit** [ablefoods.com.au/texture-modified-meals](https://ablefoods.com.au/texture-modified-meals)





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

**Let's be friends!**

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