



Menu

Autumn 2024



Order cut-off:

5pm on Wednesdays,
Sydney time



How to order:

Online:

ablefoods.com.au/store

Call:

1300 123 225

Email:

orders@ablefoods.com.au

Meal plan:

Speak with our team about setting up a personalised meal plan!



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.

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 downright 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!



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



Turkey



Pub-style classics

\$3.00 - \$3.50 co-pay per main meal



Classic chicken schnitzel - \$3.00
w/ mashed potato, carrot & peas



Meal code

151



Classic chicken parmigiana - \$3.00
w/ roast potato, beans & peas



Meal code

184



Crumbed chicken tenders & sweet and sour sauce - \$3.00
w/ sweet potato fries, broccoli & cauliflower



Meal code

1059



Cheeseburger mac & cheese - \$3.00
w/ beans



Meal code

1085



Buffalo chicken poppers & sticky BBQ sauce - \$3.00
w/ potato wedges & beans



Meal code

1014



Steak Diane meatballs - \$3.00
w/ roast potato & Aussie beans



Meal code

1104



Pub-style classics

\$3.00 - \$3.50 co-pay per main meal



Beef pot pie - \$3.00
w/ mashed potato & peas



Meal code

1051



Beef banger & sweet potato mash - \$3.00
w/ peas



Meal code

1013



Fish n' chips - \$3.00
w/ mushy peas



Meal code

1009

Eat me chilled



Chicken couscous salad - \$3.00
w/ chickpeas, sweet potato & currants



Meal code

2004



Curried vegetable pot pie - \$3.00
w/ roast potato & broccoli



Meal code

1072



Marinated tofu schnitzel - \$3.00
w/ roast potato, carrot, capsicum, broccoli & cauliflower



Meal code

197



Home-style favourites

\$3.00 - \$3.50 co-pay per main meal

NEW



**Pork & apple
casserole** - \$3.00
w/ mashed potato &
broccoli



Meal code
1107



Roast chicken & gravy
- \$3.00
w/ roast potato, carrot,
red onion & peas



Meal code
1038



**Traditional meatloaf
& gravy** - \$3.00
w/ beef & pork mince,
mashed potato, peas &
carrot



Meal code
1095



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



Meal code
1034



**Rustic beef & veggie
rissoles** - \$3.00
w/ onion gravy, sweet
potato mash & peas



Meal code
1028



**Roast pork & sweet
apple sauce** - \$3.00
w/ roast potato, broccoli,
honey roast carrots &
beetroot



Meal code
1032



**Lamb & veggie
shepherd's pie** - \$3.50
w/ peas & broccoli



Meal code
1030



Tuna pasta bake -
\$3.00
w/ peas, sweet potato,
broccoli, cauliflower &
carrots



Meal code
1064





Home-style favourites

\$3.00 - \$3.50 co-pay per main meal

Eat me
chilled



Herbed ricotta & chickpea salad - \$3.00
w/ brown rice, kale, almonds, carrot & beetroot



Meal code
2006



Roast beef & seeded mustard gravy - \$3.50
w/ roast potato, pumpkin, red onion, sweet potato & peas



Meal code
1031



Mac & cheese bake -
\$3.00
w/ broccoli



Meal code
1019





Italian

\$3.00 - \$3.50 co-pay per main meal



Italian tuna pasta

- \$3.00
w/ eggplant, zucchini
& capsicum in tomato
sauce



Meal code
1106



Spaghetti bolognese

- \$3.00
w/ green beans



Meal code
141



Chicken cacciatore & cheesy mash

- \$3.00
w/ broccoli



Meal code
1091



Pumpkin & ricotta lasagne

- \$3.00
w/ green beans



Meal code
196



Lasagne casserole -

\$3.00
w/ carrot, celery,
mushroom, zucchini &
cheese



Meal code
1096



Cheesy chicken pasta bake

- \$3.00
w/ green beans



Meal code
1035



Mediterranean veggie pasta

- \$3.00
w/ sun-dried tomato &
butter beans



Meal code
1097



Chicken risoni pasta

- \$3.00
w/ tomato, cheese,
capsicum & a side of
zucchini



Meal code
1103



Pumpkin ravioli & lentil bolognese

- \$3.00
w/ slivered almonds



Meal code
1082



Asian

\$3.00 - \$3.50 co-pay per main meal



Crispy Chinese chicken - \$3.00
w/ veggie brown rice & stir fried vegetables



Meal code
1089



Chicken chow mein - \$3.00
w/ broccoli, carrot, baby corn, sugar snap peas & red capsicum



Meal code
1049



Pork & prawn Singapore noodles - \$3.00
w/ broccoli, carrot, baby corn, sugar snap peas & capsicum



Meal code
1101



Mongolian beef - \$3.00
w/ rice, broccoli, carrot, baby corn, sugar snap peas & capsicum



Meal code
1078



Thai green chicken curry - \$3.00
w/ rice, beans, carrot & eggplant



Meal code
1086



Sweet & sour pork meatballs - \$3.00
w/ beans & brown rice



Meal code
1092



Asian-style chicken meatballs - \$3.00
w/ rice, edamame, broccoli, baby corn, peas, capsicum & carrot



Meal code
1073





International

\$3.00 - \$3.50 co-pay per main meal



NEW



NEW



NEW



Beef chilli con carne
- \$3.00
w/ kidney beans, black
beans, broccoli and rice



Meal code
1105

**Chicken & apricot
tagine** - \$3.00
w/ couscous, potato,
sweet potato, broccoli &
flaked almonds



Meal code
1109

**Spanish tomato &
chickpea stew** - \$3.00
w/ baby spinach and rice



Meal code
1108

**Greek-style
shepherd's pie** - \$3.50
w/ lamb mince & broccoli



Meal code
1098

Chicken burrito bowl
- \$3.00
w/ tomato salsa, corn &
capsicum



Meal code
1099



**Chicken & prawn
Spanish rice** - \$3.00
w/ capsicum & peas



Meal code
1067



Beef biryani - \$3.00
w/ yellow rice, flaked
almonds, sultanas, potato
& sweet potato



Meal code
1102



Mexican rice - \$3.00
w/ kidney beans, black
beans, corn, capsicum &
zucchini



Meal code
1090



**Spinach & chickpea
falafels** - \$3.00
w/ brown rice salad



Meal code
1006



Make ordering a breeze with an Able Foods meal plan!

Our personalised meal plans are a great way to enjoy our variety of healthy, balanced and downright delicious meals - without the hassle of having to place an order.

Meal plans can help you turn healthy eating into a habit, reach your health goals and keep on top of your budget.



Convenience



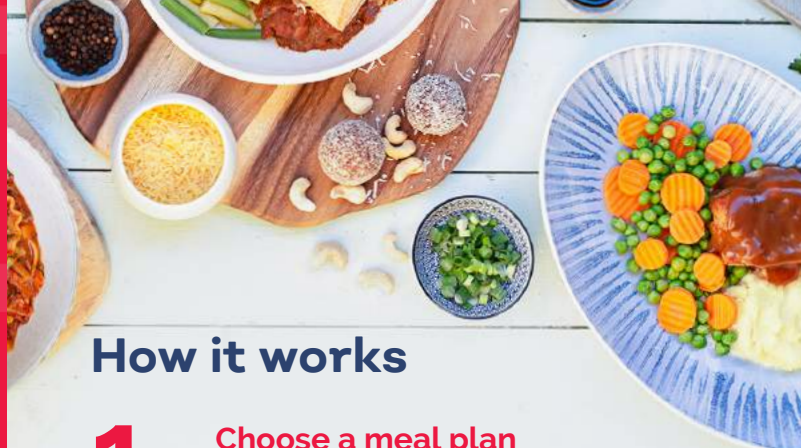
Variety



Budgeted



Balanced



How it works

- 1. Choose a meal plan**
Speak with our team about designing a personalised meal plan based on your dietary requirements and taste preferences.
- 2. Automatic delivery**
Once you select what meal plan works best, you can sit back, relax and wait for your meals to be delivered. This can be on a weekly, fortnightly or monthly basis, whatever suits you best!
- 3. Making updates**
If you need to make a change, get in touch, and we'll do the rest.

Contact us on **1300 123 225** or orders@ablefoods.com.au



Small lunches & snacks

\$1.00 - \$2.00 co-pay per item



**Roast beef, cheese
& relish sandwich -**
\$2.00



Meal code

504



**Egg & chive sandwich
on rye - \$2.00**



Meal code

501



**Vegetable fritters
& tomato chutney -**
\$2.00



Meal code

722



Couscous salad -
\$1.50
w/ chickpeas, pumpkin,
currants, carrot, capsicum
& corn



Meal code

714



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



Meal code

304



**Pumpkin & lentil soup
- \$1.00**



Meal code

303





Breakfast meals

\$1.80 co-pay per item



Banana bread slice -
\$1.80



Meal code
215



Banana pancakes & ricotta cream - \$1.80



Meal code
209



Apple & berry granola - \$1.80



Meal code
205



**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





Smoothies & juices

\$0.70 - \$1.50 co-pay per item



Apple mango juice
350 mL - \$1.50
w/ apple, mango & mint



Meal code

462



Orange juice 350 mL
- \$1.50



Meal code

459



Berry blast smoothie
250mL - \$1.00
w/ apple, strawberry,
banana, orange, mango &
blackcurrant



Meal code

452



Tropical fruit smoothie
250mL - \$1.00
w/ orange, pineapple,
mango, banana,
passionfruit & ginseng



Meal code

453



Kick starter smoothie
350mL - \$1.50
w/ apple, orange, pineapple,
banana, blueberry,
passionfruit & purple carrot



Meal code

454



Granny smith apple
juice 130mL - \$0.70



Meal code

450



Pink lady apple juice
130mL - \$0.70



Meal code

451





Extras

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



**Coconut & cranberry
oat bite** - \$1.00



**Cacao & vanilla
superfood ball** - \$1.00



**Peanut butter
superfood ball** - \$1.00



**Salted caramel
superfood ball** - \$1.00



**Maple coconut
almonds** - \$0.50



Meal code
455



Meal code
456



Meal code
457



Meal code
458



Meal code
506



**Healthy fruit & nut
mix** - \$0.50
w/ sultanas, almonds,
sunflower kernels,
pepitas & cashews



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



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



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



Oat & berry pikelets
- \$1.00



Meal code
508



Meal code
505



Meal code
618



Meal code
619



Meal code
710



Extras

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



Banana cinnamon muffin - \$1.00



Meal code
620



Raspberry coconut muffin - \$1.00



Meal code
621



Apple & strawberry puree - \$0.50



Meal code
510



Apple & peach puree - \$0.50



Meal code
613



Wholemeal roll - \$0.50



Meal code
719



Chobani mango yoghurt pouch - \$1.00



Meal code
414



Chobani strawberry yoghurt pouch - \$1.00



Meal code
410



Chobani blueberry yoghurt pouch - \$1.00



Meal code
411



Chobani raspberry yoghurt pouch - \$1.00



Meal code
412



Chobani vanilla yoghurt pouch - \$1.00



Meal code
413



Dessert

\$0.70 - \$1.00 co-pay per dessert

NEW



**Sticky date pudding
& caramel custard -**
\$1.00



Meal code

637

NEW



**Blueberry sponge
pudding & custard -**
\$1.00



Meal code

635



**Raspberry cake &
custard - \$1.00**



Meal code

633



**Apple & cinnamon
crumble with custard**
- \$1.00



Meal code

630



**Bread & butter
pudding - \$1.00**



Meal code

631



**Stewed apple & berry
with custard - \$1.00**



Meal code

634



Chocolate custard -
\$0.70



Meal code

627



Vanilla custard - \$0.70



Meal code

628



Glossary of meals



Pub-style classics 5 - 6

- 1104. **Steak Diane meatballs**
- 2004. **Chicken couscous salad**
- 1085. **Cheeseburger mac & cheese**
- 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**
- 197. **Marinated tofu schnitzel**

- 1072. **Curried vegetable pot pie**



Home-style favourites 7 - 8

- 1107. **Pork & apple casserole**
- 2006. **Herbed ricotta & chickpea salad**
- 1095. **Traditional meatloaf & gravy**
- 1043. **Home-style chicken rissole**
- 1034. **Roast lamb & rosemary gravy**
- 1038. **Roast chicken & gravy**
- 1028. **Rustic beef & veggie rissoles**
- 1031. **Roast beef & seeded mustard gravy**
- 1064. **Tuna pasta bake**

- 1030. **Lamb & veggie shepherd's pie**

- 1032. **Roast pork & sweet apple sauce**

- 1019. **Mac & cheese bake**



Italian 9

- 1106. **Italian tuna pasta**
- 1103. **Chicken risoni pasta**
- 1097. **Mediterranean veggie pasta**
- 1091. **Chicken cacciatore & cheesy mash**
- 1096. **Lasagne casserole**
- 1082. **Pumpkin ravioli & lentil bolognese**
- 141. **Spaghetti bolognese**
- 1035. **Cheesy chicken pasta bake**
- 196. **Pumpkin & ricotta lasagne**



Asian 10

- 1101. **Pork & prawn Singapore noodles**
- 1073. **Asian-style chicken meatballs**
- 1092. **Sweet & sour pork meatballs**
- 1089. **Crispy Chinese chicken**
- 1086. **Thai green chicken curry**
- 1078. **Mongolian beef**
- 1049. **Chicken chow mein**



International 11

- 1105. **Beef chilli con carne**
- 1108. **Spanish tomato & chickpea stew**
- 1109. **Chicken & apricot tagine**
- 1102. **Beef biryani**
- 1006. **Spinach & chickpea falafels**
- 1099. **Chicken burrito bowl**
- 1098. **Greek-style shepherd's pie**
- 1090. **Mexican rice**
- 1067. **Chicken & prawn Spanish rice**



Small lunches & snacks

13

- 722. Vegetable fritters & tomato chutney
- 303. Pumpkin & lentil soup
- 304. Vegetable, tomato & risoni soup
- 714. Couscous salad
- 504. Roast beef, cheese & relish sandwich
- 501. Egg & chive sandwich on rye



Breakfast meals

14

- 215. Banana bread slice
- 209. Banana pancakes & ricotta cream
- 205. Apple & berry granola
- 206. Baked beans & scrambled eggs w/ wholemeal roll
- 201. Corn fritters & tomato salsa
- 211. Sticky date porridge
- 212. Almond & blueberry bircher



Smoothies & juices

15

- 462. Apple mango juice
- 459. Orange juice
- 452. Berry blast smoothie
- 453. Tropical fruit smoothie
- 454. Kick starter smoothie
- 451. Pink lady apple juice
- 450. Granny smith apple juice



Extras

17

- 455. Coconut & cranberry oat bite
- 456. Cacao & vanilla superfood ball
- 457. Peanut butter superfood ball
- 458. Salted caramel superfood ball
- 506. Maple coconut almonds
- 508. Healthy fruit & nut mix
- 510. Apple & strawberry puree
- 613. Apple & peach puree
- 505. Tasty cheese with water crackers

- 618. Diced fruit salad cup

- 619. Diced peaches fruit cup

- 620. Banana cinnamon muffin

- 621. Raspberry coconut muffin

- 710. Oat & berry pikelets

- 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

18

- 637. Sticky date pudding & caramel custard

- 635. Blueberry sponge pudding & custard

- 633. Raspberry cake & custard

- 634. Stewed apple & berry with custard

- 631. Bread & butter pudding

- 630. Apple & cinnamon crumble with custard

- 627. Chocolate custard

- 628. Vanilla custard

Able Foods price list

Item	Co-pay	NDIS/HCP rebate
Breakfast	\$1.80	\$5.30
Small lunches & snacks	\$1.00 – \$2.00	\$4.00 – \$6.80
Main meals	\$3.00 – \$3.50	\$12.40
Smoothies & juices	\$0.70 – \$1.50	\$3.70 – \$5.00
Extras	\$0.50 – \$1.00	\$2.00 – \$5.30



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

Let's be friends!

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🌐 ablefoods.com.au
✉ hello@ablefoods.com.au

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