



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



A range of tasty meals for variety



Home delivered





Ready-made for your convenience



Personalised meal plans

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 to learn more!

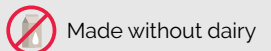
Health claims are based on Able Foods' main meals. The full nutritional breakdown of our menu can be accessed via our online store.



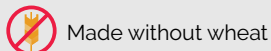
Companion meals

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.

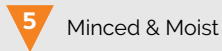
Key:



Made without dairy



Made without wheat



Minced & Moist



Pureed

Protein:



Chicken



Pork



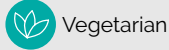
Seafood



Beef



Lamb



Vegetarian



Vegan



Texture modified menu

\$3.00 - \$3.50 per meal

NEW



Smoky beef & potato pie - \$3.00

w/ seasonal vegetables

Minced & moist meal code:

MM-5031

Pureed meal code:

P-5032



NEW



Fish & mornay sauce - \$3.00

w/ seasonal vegetables & mashed potato

Minced & moist meal code:

MM-5029

Pureed meal code:

P-5030



Chicken with garlic & thyme gravy - \$3.00

w/ potato, sweet potato & 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





Texture modified menu

\$3.00 - \$3.50 per meal



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



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

NEW



Pureed blueberry sponge pudding & custard - \$1.00



Meal code: **636**



Pureed creamy rice & passionfruit puree - \$1.00



Meal code: **632**



Apple & strawberry puree - \$0.50



Meal code: **510**



Apple & peach puree - \$0.50



Meal code: **613**



Pricing

Able Foods texture modified meals can be co-funded through an NDIS plan or Home Care Package. All you need to cover is the cost of ingredients!

Item	You pay	NDIS/HCP rebate
Texture Modified Meals	\$3.00 - \$3.50	\$14.60
Extras	\$0.50 - \$1.00	\$3.70 - \$5.30

How to order:

Contact our friendly team:

📞 1300 123 225

🌐 ablefoods.com.au

✉ orders@ablefoods.com.au

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




**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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**Aged Care
(HCP) Provider**

