



Registered NDIS Provider



Aged Care
(HCP) Provider



able
foods

Texture
modified
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.



A range of tasty meals for variety



Home delivered



Ready-made for your convenience



Personalised meal plans

*The International Dysphagia Diet Standardisation Initiative (IDDSI - iddsi.org) 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).

Heating guide

To learn more about heating your Able Foods texture modified meals for best results, visit:

ablefoods.com.au/tm-heating-guide

All Able Foods texture modified meals come in two textures

5 Minced and moist (level 5)

4 Pureed (level 4)

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

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.



Seasonal Savers

Main meals at just **\$2 co-pay.**

NEW

Look for the Seasonal Savers sticker in our menu!



Beef bolognese & pasta

\$2.00

w/ seasonal vegetables

Minced & moist meal code:

MM-5003

Pureed meal code:

P-5004



Home-style chicken rissole

\$2.00

w/ potato & seasonal vegetables

Minced & moist meal code:

MM-5025

Pureed meal code:

P-5026



Our Seasonal Saver range will change with the seasons, so keep an eye on our menu to see what will be on offer next.

This range is valid until Wednesday 27/11/2024.

Key:

- Made without dairy
- Made without wheat
- Made without nuts
- Made without seafood
- Seasonal Savers
- Minced & Moist
- Pureed

Protein:

- Chicken
- Pork
- Seafood
- Beef
- Lamb
- Vegetarian
- Vegan



Texture modified menu

\$2.00 - \$3.50 each



NEW



Chicken bolognese & pasta - \$3.00
w// seasonal vegetables

Minced & moist meal code:

MM-5037

Pureed meal code:
P-5038



Chicken with garlic & thyme gravy - \$2.00
w// potato & seasonal vegetables

Minced & moist meal code:

MM-5027

Pureed meal code:
P-5028



Beef bolognese & pasta - \$2.00
w// seasonal vegetables

Minced & moist meal code:

MM-5003

Pureed meal code:
P-5004



Roast chicken & gravy
- \$3.00
w// sweet potato & potato mix & seasonal vegetables

Minced & moist meal code:

MM-5009

Pureed meal code:
P-5010



Chicken parmigiana - \$3.00
w// potato & seasonal vegetables

Minced & moist meal code:

MM-5017

Pureed meal code:
P-5018



Home-style chicken rissole - \$2.00
w// potato & seasonal vegetables

Minced & moist meal code:

MM-5025

Pureed meal code:
P-5026





Texture modified menu

\$2.00 - \$3.50 each



**Roast beef & onion
gravy** - \$3.50
w/ potato & seasonal vegetables

Minced & moist meal code:
MM-5001
Pureed meal code:
P-5002



**Roast pork & gravy
with apple sauce** - \$3.00
w/ potato & seasonal vegetables

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



**Tuscan pork meatballs
& risoni** - \$3.00
w/ seasonal vegetables

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



**Roast lamb & rosemary
gravy** - \$3.50
w/ potato & seasonal vegetables

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



Lamb shepherd's pie -
\$3.50
w/ cheesy cauliflower &
seasonal vegetables

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



Mac & cheese - \$3.00
w/ seasonal vegetables

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





Texture modified menu

\$2.00 - \$3.50 each



Lamb & Fruit Curry - \$3.00
w/ potato, sweet potato & seasonal vegetables

Minced & moist meal code:
MM-5033
Pureed meal code:
P-5034



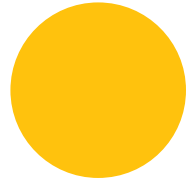
Chicken & Bacon Casserole - \$3.00
w/ spinach, potato & seasonal vegetables

Minced & moist meal code:
MM-5035
Pureed meal code:
P-5036



Salmon pasta - \$3.00
w/ seasonal vegetables

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





Extras

\$0.50 - \$1.00 co-pay each



Pureed blueberry sponge pudding & custard - \$1.00



Pureed creamy rice & passionfruit puree - \$1.00



Apple & strawberry puree - \$0.50



Apple & peach puree - \$0.50



Meal code: **636**



Meal code: **632**



Meal code: **510**



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 subsidy
Texture Modified Meals	\$2.00 - \$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/store

✉ orders@ablefoods.com.au

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



Feed your ability

Connect with us

-  1300 123 225
-  ablefoods.com.au
-  hello@ablefoods.com.au

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