

able
foods



Menu


Autumn
2025



Get started

Contact our friendly team to get set up with Able Foods today.

 ablefoods.com.au/get-started

 1300 123 225


 welcome@ablefoods.com.au



Order

Set up an automated Meal Plan for convenient, worry-free deliveries! Or order meals just when you need them.

 ablefoods.com.au/store

 1300 123 225

 orders@ablefoods.com.au


Our weekly order cut-off is 5pm Wednesdays, Sydney time.



Delivery day

Your delivery day will depend on where you live. Get in touch with us or visit our website to confirm which days we deliver to your area.

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 1300 123 225





Seasonal Savers

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

Look for the Seasonal Savers sticker in our menu!



Meal code
1119



NEW

Pork Sausages & Gravy - \$2.00



Meal code
1028



NEW

Rustic Beef & Veggie Rissoles - \$2.00

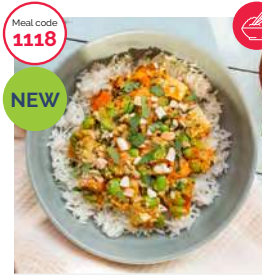


Meal code
196



NEW

Pumpkin & Ricotta Lasagne - \$2.00



Meal code
1118



NEW

Thai Yellow Curry - \$2.00



Meal code
1049



NEW

Chicken Chow Mein - \$2.00



Meal code
1109



Chicken & Apricot Tagine - \$2.00



Meal code
1075



Loaded Mexican Beef Wedges - \$2.00



Meal code
1064



Tuna Pasta Bake - \$2.00



Meal code
1078



Mongolian Beef - \$2.00



Meal code
1113



BBQ Beef Casserole - \$2.00

Our Seasonal Savers 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 28/05/2025



Pub-style classics
pg 4 - 5



Home-style favourites
pg 6 - 7



Italian
pg 8



Asian
pg 9



International
pg 10

Main meals

Eating well has never tasted so good! Our delicious main meals can be enjoyed for lunch or dinner.

Key:



Made without dairy



Made without wheat



Made without nuts



Made without seafood



Easy to chew



Spicy



Seasonal Savers

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

\$2.00 - \$3.00 co-pay each



Meal code
1010

NEW

Naked Veggie Burger
- \$3.00
w/ Italian pepperonata sauce, salad & green beans



Meal code
1119

Pork Sausages & Gravy - \$2.00
w/ grilled onion, roast vegetables, peas & corn



Meal code
1113

BBQ Beef Casserole
- \$2.00
w/ peas, corn, and topped with cheese & potato gems



Meal code
151

Classic Chicken Schnitzel - \$3.00
w/ mashed potato, carrot & peas



Meal code
184

Classic Chicken Parmigiana - \$3.00
w/ roast potato, beans & peas



Meal code
1059

Crumbed Chicken Tenders & Sweet and Sour Sauce - \$3.00
w/ sweet potato fries, broccoli & cauliflower





Pub-style Classics

\$2.00 - \$3.00 co-pay each

Meal code
1014



Buffalo Chicken Poppers & Sticky BBQ Sauce - \$3.00
w/ potato wedges & beans



Meal code
1104



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



Meal code
1072



Curried Vegetable Pot Pie - \$3.00
w/ roast potato & broccoli



Meal code
1013



Beef Banger & Sweet Potato Mash - \$3.00
w/ peas



Meal code
1009



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



Meal code
1051



Beef Pot Pie - \$3.00
w/ mashed potato & peas



Meal code
197



Marinated Tofu Schnitzel - \$3.00
w/ roast potato, carrot, capsicum, broccoli & cauliflower





Home-style Favourites

\$2.00 - \$3.50 co-pay each



Meal code
1074

NEW

Pork Steak & Creamy Mustard Sauce - \$3.00
w/ herbed mash potato, green beans & corn on the cob



Meal code
1052

NEW

Vegetable Frittata -
\$3.00
w/ potato & green beans



Meal code
1121

Salmon Patties & Lemon-Caper sauce -
\$3.00
w/ smoked salmon, beans & peas



Meal code
2004

Chicken Couscous Salad - \$3.00
w/ chickpeas, sweet potato & currants



Meal code
2006

Herbed Ricotta & Chickpea Salad - \$3.00
w/ brown rice, kale, almonds, carrot & beetroot



Meal code
1115

Honey Mustard Chicken - \$3.00
w/ roast potato, carrot & peas



Meal code
1038

Roast Chicken & Gravy - \$3.00
w/ roast potato, carrot, red onion & peas



Meal code
1032

Roast Pork & Sweet Apple Sauce - \$3.00
w/ roast potato, broccoli, honey-roasted carrots & beetroot



Meal code
1095

Traditional Meatloaf & Gravy - \$3.00
w/ beef & pork mince, mashed potato, peas & carrot



Meal code
1034

Roast Lamb & Rosemary Gravy -
\$3.50
w/ roast potato, sweet potato, carrot & peas





Home-style Favourites

\$2.00 - \$3.50 co-pay each



Rustic Beef & Veggie Rissoles - \$2.00
w/ onion gravy, sweet potato mash & peas



Roast Beef & Seeded Mustard Gravy - \$3.50
w/ roast potato, pumpkin, red onion, sweet potato & peas



Tuna Pasta Bake - \$2.00
w/ peas, sweet potato, broccoli, cauliflower & carrots



Lamb & Veggie Shepherd's Pie - \$3.50
w/ peas & broccoli



Mac & Cheese Bake - \$3.00
w/ broccoli





Italian

\$2.00 - \$3.00 co-pay each

Meal code
1004

NEW



Italian Ravioli Bolognese - \$3.00
spinach and ricotta ravioli, beef Bolognese sauce & broccoli



Meal code
1097



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



Meal code
1039



Italian Pasta Bake - \$3.00
w/ a side of green beans



Meal code
196



Pumpkin & Ricotta Lasagne - \$2.00
w/ a side of green beans



Meal code
141



Spaghetti Bolognese - \$3.00
w/ a side of green beans



Meal code
1035



Cheesy Chicken Pasta Bake - \$3.00
w/ a side of green beans





Asian

\$2.00 - \$3.00 co-pay each

Meal code
1120



Satay Chicken noodles

- \$3.00
w/ edamame & a side of broccoli



Meal code
1118



Thai Yellow Curry -

\$2.00
w/ tofu, edamame beans, sweet potato, rice, cashews & beans



Meal code
1089



Crispy Chinese Chicken

- \$3.00
w/ veggie brown rice & mixed stir fried vegetables



Meal code
1101



Pork & Prawn Singapore Noodles

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



Meal code
1078



Mongolian Beef -

\$2.00
w/ rice, broccoli, carrot, baby corn, sugar snap peas & capsicum



Meal code
1086



Thai Green Chicken Curry

- \$3.00
w/ rice, beans, carrot & eggplant



Meal code
1049



Chicken Chow Mein -

\$2.00
w/ broccoli, carrot, baby corn, sugar snap peas & red capsicum



Meal code
1117



Honey Soy Pork -

\$3.00
w/ egg & veggie rice





International

\$2.00 - \$3.00 co-pay each

Meal code
1122

NEW



Crispy Chicken Poke Bowl - \$3.00

w/ brown rice, edamame, carrots, broccoli & teriyaki sauce



Meal code
1075



Loaded Mexican Beef Wedges - \$2.00

w/ kidney beans, black beans, corn & tomato salsa



Meal code
1105



Beef Chilli Con Carne - \$3.00

w/ kidney beans, black beans, broccoli and rice



Meal code
1109



Chicken & Apricot Tagine - \$2.00

w/ couscous, potato, sweet potato, broccoli & flaked almonds



Meal code
1090



Mexican Rice - \$3.00

w/ kidney beans, black beans, corn, capsicum & zucchini



Meal code
1111



Butter Chicken - \$3.00

w/ broccoli, cauliflower & rice



Meal code
1116



Beef Korma - \$3.00

w/ yellow rice, beans & almonds





Small Lunches & Snacks

\$1.00 - \$2.00 co-pay each

Meal code
504



**Roast Beef, Cheese
& Relish Sandwich -**
\$2.00



Meal code
501



**Egg & Chive Sandwich
on Rye - \$2.00**



Meal code
724



**Italian Cheesy Rice
Balls - \$2.00**



Meal code
722



**Vegetable Fritters
& Tomato Chutney -**
\$2.00



Meal code
303



**Pumpkin & Lentil
Soup - \$1.00**



Meal code
306



Pea & Ham Soup -
\$1.00





Breakfast Meals

\$1.80 co-pay each

Meal code
216



Bubble & Squeak -
\$1.80
w/ ham & potato



Meal code
215



Banana Bread Slice -
\$1.80



Meal code
209



**Banana Pancakes &
Ricotta Cream -** \$1.80



Meal code
205



Apple & Berry Granola
- \$1.80



Meal code
206



**Baked Beans &
Scrambled Eggs w/
Wholemeal Roll -**
\$1.80



Meal code
201



**Corn Fritters &
Tomato Salsa -** \$1.80



Meal code
211



Sticky Date Porridge
- \$1.80



Meal code
212



**Almond & Blueberry
Bircher -** \$1.80





Smoothies & Juices

\$0.70 - \$1.50 co-pay each

Meal code
464



NEW

Extreme C Smoothie
350 mL - \$1.50
w/ apple, strawberry,
banana, orange, mango &
black currant



Meal code
462



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



Meal code
459



Orange Juice 350 mL
- \$1.50



Meal code
453



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



Meal code
454



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



Meal code
450



Granny Smith Apple Juice
130 mL - \$0.70



Meal code
451



Pink Lady Apple Juice
130 mL - \$0.70





Extras

\$0.50 - \$1.00 co-pay each

Meal code
419

NEW



**Rosemary & Garlic
Roasted Mix - \$0.50**



Meal code
511



**Sweet Salty Nut Mix
- \$0.50**



Meal code
415



**Dark Chocolate
Almonds - \$0.50**



Meal code
416



**Raspberry Chocolate
Almonds - \$0.50**



Meal code
417



**Fruit, Nut & Choc Mix
- \$0.50**



Meal code
463



**Double Choc Oat Bite
- \$1.00**





Extras

\$0.50 - \$1.00 co-pay each



Meal code
455



**Coconut & Cranberry
Oat Bite - \$1.00**



Meal code
456



**Cacao & Vanilla
Superfood Ball - \$1.00**



Meal code
457



**Peanut Butter
Superfood Ball - \$1.00**



Meal code
458



**Salted Caramel
Superfood Ball - \$1.00**



Meal code
506



**Maple Coconut
Almonds - \$0.50**



Meal code
508



**Healthy Fruit & Nut
Mix - \$0.50**



Meal code
505



**Tasty Cheese with
Water Crackers -
\$1.00**



Meal code
618



**Diced Fruit Salad Cup
in juice - \$0.50**



Meal code
619



**Diced Peaches Fruit
Cup in juice - \$0.50**



Meal code
710



**Oat & Berry Pikelets
- \$1.00**





Extras

\$0.50 - \$1.00 co-pay each

Meal code
620



Banana Cinnamon Muffin - \$1.00



Meal code
621



Raspberry Coconut Muffin - \$1.00



Meal code
510



Apple & Strawberry Puree - \$0.50



Meal code
613



Apple & Peach Puree - \$0.50



Meal code
414



Chobani Mango Yoghurt Pouch - \$1.00



Meal code
410



Chobani Strawberry Yoghurt Pouch - \$1.00



Meal code
411



Chobani Blueberry Yoghurt Pouch - \$1.00



Meal code
412



Chobani Raspberry Yoghurt Pouch - \$1.00



Meal code
413



Chobani Vanilla Yoghurt Pouch - \$1.00





Dessert

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

Meal code
640

NEW



Pureed Peach with Custard - \$1.00



Meal code
638



Citrus Cake - \$1.00



Meal code
637



Sticky Date Pudding & Caramel Custard - \$1.00



Meal code
635



Blueberry Sponge Pudding & Custard - \$1.00



Meal code
633



Raspberry Cake & Custard - \$1.00



Meal code
630



Apple & Cinnamon Crumble with Custard - \$1.00



Meal code
631



Bread & Butter Pudding - \$1.00



Meal code
627



Chocolate Custard - \$0.70



Meal code
628



Vanilla Custard - \$0.70



Glossary of Meals



Pub-style Classics 4 - 5

- 1010. **Naked Veggie Burger**
- 1119. **Pork Sausages & Gravy**
- 1113. **BBQ Beef Casserole**
- 1104. **Steak Diane Meatballs**
- 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**



Home-style Favourites 6 - 7

- 1072. **Curried Vegetable Pot Pie**
- 1052. **Vegetable Frittata**
- 1074. **Pork Steak & Creamy Mustard Sauce**
- 1121. **Salmon Patties & Lemon-Caper Sauce**
- 2004. **Chicken Couscous Salad**
- 2006. **Herbed Ricotta & Chickpea Salad**
- 1115. **Honey Mustard Chicken**
- 1095. **Traditional Meatloaf & Gravy**
- 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 8

1004. **Italian Ravioli Bolognese**

1039. **Italian Pasta Bake**

1097. **Mediterranean Veggie Pasta**

141. **Spaghetti Bolognese**

1035. **Cheesy Chicken Pasta Bake**

196. **Pumpkin & Ricotta Lasagne**



Asian 9

1120. **Satay Chicken Noodles**

1117. **Honey Soy Pork**

1118. **Thai Yellow Curry**

1101. **Pork & Prawn Singapore Noodles**

1089. **Crispy Chinese Chicken**

1086. **Thai Green Chicken Curry**

1078. **Mongolian Beef**

1049. **Chicken Chow Mein**



International 10

1122. **Crispy Chicken Poke Bowl**

1116. **Beef Korma**

1075. **Loaded Mexican Beef Wedges**

1105. **Beef Chilli Con Carne**

1109. **Chicken & Apricot Tagine**

1090. **Mexican Rice**

1111. **Butter Chicken**



Small Lunches & Snacks 11

724. **Italian Cheesy Rice Balls**

306. **Pea & Ham Soup**

722. **Vegetable Fritters & Tomato Chutney**

303. **Pumpkin & Lentil Soup**

504. **Roast Beef, Cheese & Relish Sandwich**

501. **Egg & Chive Sandwich on Rye**

 **Breakfast Meals** 12

216. **Bubble & Squeak**

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** 13

464. **Extreme C Smoothie**

462. **Apple Mango Juice**

459. **Orange Juice**

453. **Tropical Fruit Smoothie**

454. **Kick Starter Smoothie**

451. **Pink Lady Apple Juice**

450. **Granny Smith Apple Juice**

 **Extras** 14 - 16

419. **Rosemary & Garlic Roasted Mix**

511. **Sweet Salty Nut Mix**

415. **Dark Chocolate Almonds**

416. **Raspberry Chocolate Almonds**

417. **Fruit, Nut & Choc Mix**

463. **Double Choc Oat Bite**

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** 17

640. **Pureed Peach with Custard**

638. **Citrus Cake**

637. **Sticky Date Pudding & Caramel Custard**

635. **Blueberry Sponge Pudding & Custard**

633. **Raspberry Cake & 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 subsidy
Breakfast	\$1.80	\$5.30
Small Lunches & Snacks	\$1.00 – \$2.00	\$4.00 – \$6.80
Main Meals	\$2.00 – \$3.50	\$12.40
Smoothies & Juices	\$0.70 – \$1.50	\$3.70 – \$5.00
Extras	\$0.50 – \$1.00	\$2.00 – \$5.30



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